

HEALTH

Through Natural Methods

Including Data Provided by
U. S. Government Health Service

By EDWIN J. ROSS

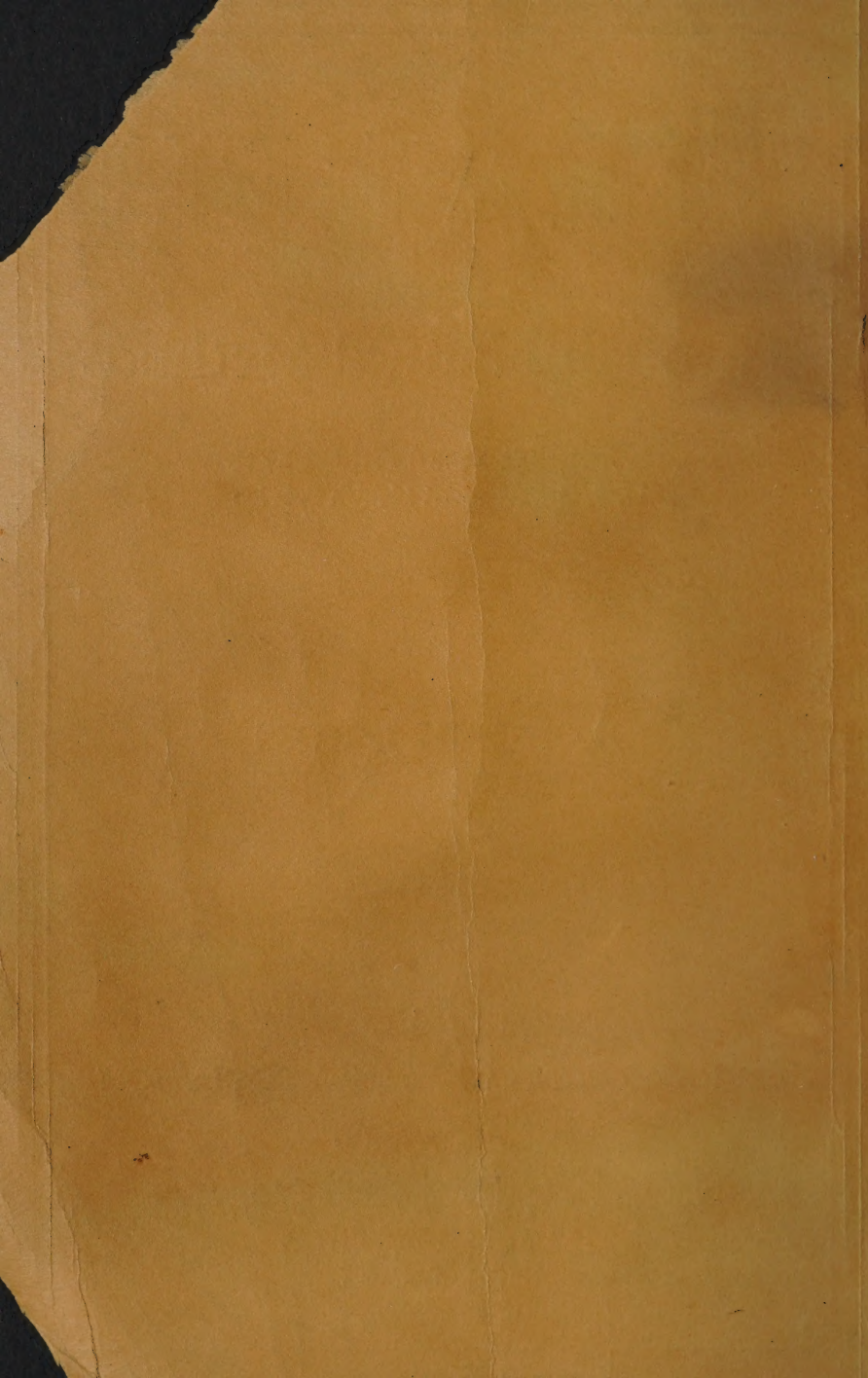
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THE AMERICAN HEALTH ASSOCIATION

Now Incorporated as

Natural Health Association, Inc.

152 West 42nd Street
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INTRODUCTION

Physical man is made of the air he breathes, the water he drinks, and the food that he eats, chiefly the latter.

It is easy to understand that a person, trying to live on candy exclusively, would have trouble; at first, with the stomach and teeth and secondly, throughout the body. It is also easy to understand that it would be difficult to maintain health on a diet of pastries, gravies, pie and cake, ice cream, pepper, salt, spices and condiments. Such a diet seems too preposterous for consideration. Anyone can realize the harm of eating such foods exclusively.

It may be said of course that although such a diet would be highly injurious taken by itself, yet in combination with other articles of food, these elements of diet have their natural place. They unquestionably have their place in the diet of the average civilized person of today. For the whole diet of today is wrong, and the whole is hardly any worse than these apparently worst parts.

Modern man has departed very far from a natural diet. Natural man, that is,—the savage, lived largely according to his instinct. He found his food growing on the trees and bushes, or sprouting from the ground. When he wanted meat, he was forced to hunt for it. He had to run up hill and down dale and cover great stretches of ground before he could bring down the animal he intended to eat. This animal was in the best of health through leading a free, open air life and eating its natural foods without the interference of man, and as a rule, it was devoured only a few hours after it had been killed. An active out-of-doors man or woman, living on absolutely fresh meat and eating few other foods, all of which were simply prepared, could thrive on such a diet.

Today, however, a man attempts to live upon animal food that has been dead a long time; that was artificially raised

and fattened, and that was, as a result, in very poor health when slaughtered. He likes his meat fried or roasted or otherwise prepared, by all the complicated methods of modern cookery. He likes his meat well covered and surrounded by alien sauces and a combination of various vegetables, boiled, baked or fried. He likes to begin his meal with one kind of food and finish it with another. He wants many and varied combinations in the forming of each dish. He likes to drink water, preferably ice water, during his meal, with which to wash down mouthfuls of food, and to finish up with some hot beverage, usually consisting of a combination of water, milk, sugar and coffee, or water, milk, sugar and tea.

He likes to eat bread and to cover his bread copiously with butter at his meal. He wants a combination of white flour, egg yolk, various analine chemicals, whipped cream, white sugar and some kind of fruit all combined into a cake or pie, along with the rest of his meal. Frequently he follows all this with a cigarette or a cigar or a pipe which helps to lessen the discomfort which is bound to follow this sort of a meal.

Primitive man spent most of his time in the open air, led an active life and ate simple food. Modern man sits indoors, leads an inactive life and tries to live on varied and complicated foods, largely denatured.

Primitive man had great strength, a finely molded body and good health as long as he lived. His teeth were in his mouth to the day he died and his hair stayed on his head. His powers and functions were unimpaired throughout his life except in the last days of his earthly stay. He ate with splendid appetite, slept soundly, was clear eyed and keen sighted and was as happy as his limited intelligence permitted him to be.

Modern man, with a greatly developed brain has a poorly developed body, very weak digestion, comparatively poor appetite, bad teeth, poor eyesight, poor scalp, sleeps poorly, wakes unrefreshed, is weak, nervous and sickly. He spends a good part of his time in the sick bed. He spends a great deal more of his time earning money to pay for doctors, medicines, dental attention and optical attention. All this time he is continually

in fear of complete incapacitation. Still man has developed greatly in intelligence, in his productive powers, and his general humanity. Evidently something is wrong. There must be some lesson which our ancestors, the primitive men, could teach us.

We must realize that each civilization of the past began to die as soon as it arrived at the period of greatest luxury and ease. In other words, as soon as man had succeeded in divorcing himself as completely as possible from the simpler and more natural things, especially with regard to his food, decay set in and the whole structure of the civilization soon crashed into ruin. There must be some lesson to be learned from this, and this lesson is evidently, that luxury and refinement, in foods at least, does not pay beyond a certain point. Surely when civilization becomes artificialization, man can no longer live and remain in good health. Because man is himself a natural product and he can only live properly on the products of nature. Furthermore these natural products must be left as much as possible in their original state.

When man shall succeed in creating a new race by combining the elements that lie in the mud from which man sprung. When man shall succeed in creating other men in the chemical laboratory or in the kitchen where his foods are now made, then this synthetic product of man, will be able to live on the present day synthetic foods and on the wonders of the modern table; but until such a time, the individual who wishes to be healthy, should learn to understand the intention of Nature. The laws of his life have not changed in recent centuries. Man must study and obey Nature and live as nearly as possible in accord with the laws created by the power that has created him.

CHAPTER I

HEALTH AND DISEASE

Who Is Healthy and Who Is Sick?

The question of what constitutes health has puzzled many people, though at first hand the average person would be prepared to say that the answer is ridiculously easy. It would seem that everyone should be able to recognize a healthy person at sight and likewise one who is ill. However, there is really no more puzzling question than this. An individual may seem to be in perfect health, and suddenly fall ill, and almost as suddenly die, or go into a decline. Another person may seem sickly and ailing, may in fact appear to be not far removed from the grave and yet continues to live for many years.

This peculiar fact is responsible for the current belief that the question of life and death, of sickness and health, are not at all in the hands of the individual, but that some peculiar power dictates who shall be well or ill, who shall live and who shall die. It would be a beautiful thing indeed if this were so. If the fates should decree that the evil and unworthy should die young and that the good should live on to a ripe old age. It is a sad but true fact however that both the good and the bad, die young, or live on side by side.

Nevertheless there are laws that govern life and health and if these laws are observed, a long and a healthy life is possible. If they are ignored, sickness and disease is the result. Though it is never wise to predict sickness or an early death for anyone, as the powers of the body are often far greater than they seem. On the other hand good health and long life can be predicted, and can be had, if the laws of vitality and health are observed.

In other words, there is no certainty that any given individual will die shortly as a result of abuse of these laws. There is

however, a certainty that the individual who obeys these laws will live long and remain in good health.

Here we arrive at the only true method of judging health or longevity. It is only necessary to discover whether the individual is living naturally and sensibly or not.

The Killing Habits

If one overeats habitually or eats the wrong foods or stays indoors overmuch, fails to exercise sufficiently, worries too much, uses drugs or alcohol, or overindulges in tobacco or goes to excess in sex relationships, or habitually overworks and does not get sufficient rest or sleep, then one can be sure that life will inevitably be shortened.

Exactly how much life will be shortened in such a case depends on each individual, and it is never possible to state precisely how much injury has been, or is being done to any given individual by such modes of living.

It is an undisputed fact, that excesses of all kinds shorten life, and make the actual span of existence of lessened value to the individual who indulges in them.

Healthy Habits

On the other hand, any individual who will exercise daily in a sensible manner, take long walks at least three or four times a week and do at least a little walking every day in the open air, who will eat the right foods and sleep in a comfortable bed for at least eight hours out of every twenty-four with the windows open to admit of a strong current of fresh air through the room, and who will conduct himself sensibly with regard to work, play, sex and all other aspects of life, is practically certain to live long and to remain in as nearly perfect health as can be readily imagined.

It might be argued that a person living the latter life would find it pretty dull and uninteresting, but this is not so. It is only because the majority of people are accustomed to excesses of one kind or another, especially food excesses, that it is hard to picture the greater pleasure of a less nervous existence.

It is the story all over again of the opium smoker who

cannot understand how anyone can get any joy out of life without resorting to the opium pipe. He knows that for him, now that he is accustomed to opium, all other joys fade into insignificance beside the dreams inspired by his pipe. The vast majority of people however, manage to get along without opium and live longer and remain in better health without it, and the very thought of being the victim of such a drug, inspires horror in the mind of the normal individual.

To have perfect health, it is necessary to get away from the idea that certain destructive foods are essential, simply because they have become habitual with us. Let us not try to reason that alcohol is good for us, that it has many sterling virtues, or that on the other hand, wrong food and overeating are essential if we are to continue to hold our place in the world.

The drunkard must find some kind of justification for what he does as he cannot escape from the clutches of his vice. While being the victim of alcohol, he tries to imagine himself the victor. He tries to tell himself and sometimes others as well, that he drinks because he likes to and not because he has to. He is ruled by his vice but he can hardly be blamed for trying to picture himself as the ruler.

Diagnosis, Prognosis, and Mortality Rates

Insurance companies periodically publish statistics showing the rate of mortality amongst the insured, and when these are compared with the general mortality statistics for the entire country, we find that there is hardly any difference. It appears that those who have passed the medical test for insurance are on the whole, little better off than the vast mass of the uninsured, a great number of whom could not pass these tests.

It is also a well known fact that many who are passed in these tests as being sound and in good health, die within a year or two after passing such examinations.

In the various armies of the world, every effort is made to select only those best fitted for a military life. They must be healthy, fairly strong, young, and capable of understanding and carrying out orders. A considerable number of these young men in the very bloom of youth, die each year even

during peace time, and another considerable number are incapacitated by disease. Frequently in our own lives, we have met with the experience of seeing a young, robust man or woman examined by a physician or a group of physicians for some reason or another and pronounced fit and perfect, or at least in fairly good health. We have seen this individual attacked by pneumonia, influenza, heart disease or what not, and pass away as though they were aged hulks of weak, frail disease ridden creatures. To see a friend of ours thus suddenly fall ill and die, is to leave us wondering at the uncertainty of life. We begin to ask ourselves, "Is there any test, technical or otherwise, that can really determine what is health or what is disease? Is there any protection against a sudden onslaught of these dreaded visitations?" The answer is—yes—,there is a method of judging as to what our fate shall be, that there is a sure way of protecting ourselves against disease and of prolonging life, until real, not an artificial, old age has gradually sapped our vitality.

One thing is certain and that is, that the old medical way of judging as to whether an individual is sound and healthy or not, is not the perfect way. There is something wrong, and every physician in his own practice can, and does realize this. He daily sees patients who seem to have barely a shred of vitality left, drag on a miserable existence year after year.

On the other hand, he sees apparently robust people die at the first onslaught of some acute ailment. He occasionally sees a man of fifty go through a siege of pneumonia, followed by pleurisy and live,—and perhaps in the same week, sees a man of thirty or a boy of nineteen seized in a similar way and die in a day or two.

Such experiences often incline the physician to take a fatalistic view of the whole situation and to say to himself that, 'there is no telling who shall live and who shall die,—which one has the power of resistance to disease and which one has not.' But strictly speaking, this is not true. It is always possible to say who will be well and who shall remain well. In other words, just how strongly the power of life burns in any individual can hardly be gauged. That this power can be fed however and that the fire can burn on in practically every

living individual until that individual is seventy, eighty or ninety years of age or even more, is not only a possibility but very nearly an absolute certainty.

We must live up to the unalterable laws of life. We must eat, work, sleep, play, and love, so as to live, and not so as to sap and exhaust our resources, and bring about a premature decay of our powers, and ultimately a premature death.

As in the world of finance, we can use up our life's capital in a few years, or starting even with an insufficient amount, we can develop and improve it, so that we can pass many who started with a far greater sum of health and vitality, and seemed to the casual observer, to have a far better chance of improving themselves still further.

These others however have done as the majority does. They have rested on their oars. They have not understood that to stand still is to go backwards, for the world is always moving ahead. Do not stand still. Catch up with the new movement towards a sensible readjustment of our lives so as to bring them more in accord with nature. In this harmony we shall find new happiness, better health and lengthened years.

Those who have, and do live properly are well and will continue to be well. Those who live wrongly, are sick now and will be worse later.

CHAPTER II

THE HAIR

Why Be Bald?

It has been said that her hair is woman's crowning glory.

With modern man, a hat takes the place of his hair. In his youth, he gives little thought to his hair, but as he leaves his twenties his first fears of baldness set in and towards middle age he is often engaged in endless search for the "Golden Fleece" or in fact, any kind of a fleece that would sprout from his own head. He tries every conceivable drug and preparation and treatment in the vain hope of restoring his lost locks. At fifty or sixty and often sooner, he finds his hair thin or largely vanished and more than ever, as this condition approaches, does he wear his hat tightly pulled down on his forehead and never does he realize why he has been so sorely tried and punished. If he only knew that the very hat, which for a part of the time at least, hides his baldness, is largely responsible for that very condition!

The close fitting hat, tightly pulled down on his head, shuts off to a great extent, the free circulation of blood in the scalp, and keeps out the fresh air and the sunshine, which otherwise might tend to freshen and invigorate his scalp and the hair itself. This snug hat, worn for convention's sake, is the executioner of the hair, slowly suffocating and destroying these slender little tubes which Nature uses for the purpose of throwing gases out of the body and at the same time for covering and warming the scalp with a loose, airy thatch. Lastly, the hair is designed by Nature to set off and adorn the head and to frame it in a becoming aura.

Man nowadays cuts his hair as short as possible, flattens it down on his head with water or various sticky preparations, making it practically impossible for the air to reach it, even

when no hat is worn. He then covers this varnished surface with an air-tight hat, that shuts in the gases from the hair and shuts out the air from his scalp; that shuts in oils or pomades or tonic or perfumes or other suffocating and poisonous material and the natural dirt that emanates from the scalp.

Primitive Man Was Never Bald

Primitive man would have looked strange indeed without his hair and there is positive proof that baldness was unknown to any of the primitive peoples. Even today, wherever we find savage or semi-savage tribes of men, we find the hair clinging profusely to their heads all through life. We also find amongst the peasants of Europe, who go around bare-headed a great deal, especially during the summer, that baldness is comparatively rare.

Even amongst the most civilized people we find men engaged in outdoor work, who frequently go about without their hats, only a slight percentage of baldness. Best of all is the commonest experience of modern life—the sight of women, aged, wrinkled, sick, but possessing abundant heads of hair. Rarely do we see a woman entirely bald. Even though at times, in old age, the hair may become almost very thin, actual baldness is hardly known.

Only the professional hair specialist comes in contact with the occasional cases of real baldness in women. Amongst the peasant women of the world, who go about without hats, with their hair exposed to the sun and air, baldness can be said to be practically unknown.

Our own American Indians never knew the meaning of baldness, and this can be attributed to the fact that they wore their hair long and never wore hats. Though on occasion they did wear a loose feather head dress which did not however, interfere materially with the circulation of the air to and from their scalps, and the proper circulation of blood in the scalp.

Women Rarely Lose Their Hair Completely

Women, even nowadays, not forgetting the present day tendency towards bobbed hair, nevertheless do not wear their hair as short as men do. They do not plaster their hair down flat on their heads with oils or pomades. In fact, they often

do their best to curl it and fluff it, to make it stand away from the head as much as possible, and when they place their hats on their heads, their hat is placed loosely. It does not shut off the flow of blood to, and in, the scalp and does not completely shut off ventilation of the air to and from the scalp. It is usually made of a porous material which permits the gases from the air to escape through it and also for a circulation of air.

Women do not buy their hats according to size nor see to it that it hugs the head closely. They try instead to fit the contour of their face and to match their general appearance. While women may wear their shoes tight and pinch their feet and thus cause corns and bunions and endless foot troubles, they wear loose hats and keep their hair in comparatively good condition on this account.

If they wore no hats at all or only the lightest, gauziest headdress and if they frizzled their hair less, stopped the use of bleaches and dyes and made but slight use of the curling iron, they would never, under ordinary circumstances, lose their hair. In such women, only a violent sickness would ever give rise to any hair trouble whatsoever.

How Men Can Prevent Baldness

It would be easy enough for modern man to keep his hair on his head if he would only keep his hat more frequently off his head; he must also cease wearing tight hats. The use of pomades or oils or any other preparation for holding down the hair must be discontinued. The hair should be washed only once, or at most twice a week. Strong soaps must not be used and when through with the use of the soap, every last vestige of it must be washed out of the hair.

The question then arises, how is one to keep the hair clean? Herein lies the final instruction not only on how to keep the hair clean but on how to keep the hair at all.

Massage of the Scalp

To accomplish this, the tips of the fingers must be rubbed vigorously and briskly along the scalp and through the hair again and again to loosen up all the dandruff and other dirt clinging to the scalp; care being taken not to scratch or irritate the skin. The head must then be turned towards the ground

and the hands must briskly brush and slap the hair in such a manner as to get all the loosened hair and the dirt and scurf (dead skin) completely out of the scalp. This process will undoubtedly loosen some of the hairs daily and hasten their exit, but for each of these hairs thus forcibly dispossessed, Nature will provide a new one and at times two or three new hairs. For Nature, as has often been said, is very prodigal and has provided underneath the scalp, countless millions of follicles which only await a vigorous call from the awakened blood and nerves to sprout forth.

It might then be asked why these hairs cannot be made to appear where baldness already exists, and the answer is, that to some extent they sometimes can be rearoused, and made to grow, even where actual baldness exists, but that this is, at best, only a far flung hope, although it has been done, it is hard to do, and the results are never really satisfactory. The reason for this is that where baldness has come on gradually,—and not as the sudden result of a disease,—the embryonic follicles have usually perished through lack of nourishment. It is best to prevent the loss of the hair, to catch it before it begins to leave or while it is in the process of disappearing, and to reawaken and re-enliven it while there is still a little real life. It is only another phase of the old proverb about locking the barn door after the horse is stolen.

It may be said that the only hope for the average man or woman who is losing their hair or who have already lost their hair, whether suddenly or gradually, lies in self-massage with the finger tips as has been indicated, and in wearing the hair, if possible, a bit longer, at least in the front part of the head, the wearing of looser and softer hats and in addition to wear the hat as little as possible, carrying it in the hand, especially on a summer's day in preference to carrying it on the head. It may be said as an axiom that the less a man wears his hat, the longer will he wear his hair and the more fresh air he gives his head, the more hair he will have to wear.

Tonics for the scalp; electrical and other "bunk" methods for the growing and preservation of the hair are valueless. The only way to cure the effect of any cause is, to remove the cause. For even if the effect is temporarily removed, if

the cause remains, the effect will be reproduced and the victim will be harrassed all over again. It is best in the first place, to get at the root of the trouble.

It is well to remember that the savage had no prerogative with regard to the hair that is not possessed by modern man; nor does woman possess in her scalp, a power that man does not possess equally. The air is free to both, to nourish the scalp and to remove the gases from the hair. It must be remembered that each individual hair is a tiny fibril, emitting gases from the body. The man who wishes to gas himself, need only place a hat over his nose and mouth and shut all air from his lungs and shut in all the noxious gases. Just as readily as his lungs will suffocate under these conditions, so will his scalp and hair suffocate under like conditions.

A man can choose between his hair and his hat. Nature has given him his hair as a covering and if he then proceeds to cover that covering with a hat, Nature will remove the original covering and permit him to keep his hat.

CHAPTER III

THE EYES

How to Care for Them Properly

The wearing of glasses for varied eye trouble has become so general that it has become an accepted fact that the only way to handle weaknesses of the eye is by artificial aid (glasses).

A vast industry has been founded upon this assumption. Tens of thousands of people are engaged in the manufacture and sale of this class of apparatus. Frequently, the very people who prescribe and sell them are seen to wear glasses themselves.

It is therefore assumed by many that if there were a better method of caring for the eyes, these professionals would surely know of it and would not themselves be forced to use these artificial supports.

As a matter of fact, however, the entire theory upon which the use of glasses is based is totally wrong. This theory in brief, holds that if a certain weakness or deformity of the eye exists, some support for this weakness must be devised. The result of catering to eye deficiencies in this manner is that the defect is maintained without any hope of cure. There is really no attempt to cure on the part of the optometrist. He simply seeks to fit a crutch to the eye, and if the sight grows worse with the use of this crutch, a stronger crutch is devised. No attempt whatever is made to search for the causes of the trouble. The whole idea consists of treating the effect as it is found at the time that the eye is examined.

The wearing of glasses not only fails to cure any given eye ailment, but directly tends to permanently fix such an ailment. In other words, any attempt on the part

of the eyes to cure themselves is forestalled and prevented, and the weakness is forced to continue stationary, or to grow worse.

As a common-sense test that will tend to make this fact clear, let anyone with perfect eyesight be made to wear a pair of glasses devised for a near sighted person. It may be assumed as a certainty that before long, the wearing of these glasses will have shortened the normal vision considerably. The reverse would hold true with glasses advised for astigmatism or far-sightedness. Glasses which are supposed to aid these conditions would tend to produce these weaknesses in a person whose eyesight was normal. It can therefore be readily understood that glasses can in no way be curative. They are supports which in no way tend to bring back normal vision, but make abnormal vision permanent.

If space permitted, all the causes for the various forms of eye trouble might be gone into in detail. As it is, it must suffice to say that practically all forms of eye trouble are caused by eye-strain, of one kind or another. A person whose work requires the constant use of the eyes, or who reads a great deal, will eventually find that the eyes have been severely strained. An eye specialist will be consulted and almost invariably, glasses are advised. Sometimes a hocus-pocus of medical treatment is gone through first and when such treatment fails, as it nearly always does, then glasses are prescribed as a last resort.

It may be stated right here that the use of glasses is necessary only in cases of true abnormality of the eyes. Such abnormalities are so rare however, that they need not concern the average man or woman at all.

If the eyes are sufficiently strengthened by certain forms of eye exercise and massage, eye-glasses can easily be done away with, and the eyes be made to function perfectly. Even in some very extreme cases, all need for the wearing of glasses should be eliminated in from three to six months.

The following eye exercises if practised conscientiously for from five to fifteen minutes each day at a convenient

time, will prove very beneficial in any case of eye trouble. The ultimate effect, and the quickness of the cure depend largely upon the will of the individual. If they are performed half-heartedly with little faith in their efficacy, the results will not be all that are desired.

In carrying out these exercises, it should be remembered that the eye is an organ moved by a number of tiny muscles. That when these muscles are constricted, and strained by focusing the eye in a single direction for hours at a time, as is the case in reading, sewing or bookkeeping, etc., these muscles are weakened and the blood vessels all around the eyes are injured, with the result that the optic nerve is likewise affected.

The following eye exercises are intended to revivify these muscles by distributing the strain in every direction. Whenever they have been conscientiously tried, they have been found to work unfailingly.

Exercises for the Eyes

FIRST EXERCISE: Sit in a chair with the back towards the light and move the eyes slowly so as to describe a complete circle. (The head must be held perfectly still during all of the eye exercises—the eyes alone must move). Do this about five or ten times in each direction. It should be done at about an average speed of 25 to 30 movements a minute and should be continued for one to two minutes at a time.

SECOND EXERCISE: Turn the eyes to the left upper corner of the room. Bring them down to the right lower corner of the room. Bring them up to the right upper corner of the room and across to the left lower corner. Continue this exercise for one to two minutes.

THIRD EXERCISE: Turn the eyes up and as far back as possible. Turn the eyes to the right side and try to look back of yourself. Look down (do not bend the head), and try to see your chest. Turn the eyes to the left and as far back of you as possible. Do this for about one minute.

FOURTH EXERCISE: Look as far to one side as

you can: then suddenly swing the eyes around and repeat in other direction. Continue this exercise for one to two minutes.

FIFTH EXERCISE: Turn the eyes as far up as possible. Swing them over to the upper left side, and suddenly swing them back to the upper right side, gazing upward all the time. This exercise is then to be done while looking down. More muscles are exercised when the eyes are looking up.

SIXTH EXERCISE: Turn the eyes to the upper left side. Move them down to the lower left side, and back again to the former position. Repeat this about ten or twelve times. Repeat this exercise to the upper right side.

Another very excellent exercise; when out in the open is to look as far into the distance as possible, and then back towards the ground directly in front of you. This can be varied by looking off in one direction far in front of you, then down to the ground at your feet, then far off in another direction and back again to a nearby object; taking pains to visualize objects, both far and near, plainly.

The best of all tonics for the eyes is looking on green spaces while out in the open air: Let the eyes roam in every direction, see and notice everything, both in the sky and on the ground. The green fields, the trees, the moving clouds, the rocks, the earth, flying insects and birds should all attract the eye. A long walk through the fields or woods, or even through a city park, with the eyes roving everywhere and resting alternately on distant and near objects, will tend to bring back the organs of sight to the sharpness and clearness of the eyes of our ancestors.

Perfect eyesight is the gift of nature to all human beings. Natural eye-exercises tend to bring back the full use of nature's gift.

CHAPTER IV

THE EAR

Inflammation of the Ear

Practically all forms of ear trouble are due to catarrh of the nose and throat. The eustachian tube and middle ear, which the real organs of hearing are easily inflamed by any disorder that affects the nose or throat. One end of these tubes almost runs into the passage through which air is drawn from the nose into the throat. When the air passages are inflamed as by catarrh, head noises, pains and clogging of the ears with an excessive amount of wax and difficulty of hearing are all produced through the sympathetic inflammation of these little tubes.

Absolutely no benefit and a great deal of harm may result from treating the ears locally. Catarrh, though it frequently seems to affect only the nose and throat is nevertheless a general condition of the body brought on by wrong diet and insufficient fresh air and exercise. The only cure for catarrh and for the troubles that it causes in the ear, in the nose and throat or in the sinuses above the nose, is a thorough application of the principles of correct living.

It may seem rather peculiar to advise a person who cannot hear well, or who may be totally deaf, to eat the right foods, to exercise, and breathe fresh air, in order that his seemingly local condition may be cured. Nevertheless the organ of hearing is a part of the body, nourished by the blood like all others. A blood stream which is filled with mucous material will succeed in irritating the nose and throat directly and in a certain percentage of cases, will both directly, and indirectly, attack the ear. The cure lies in a pure blood stream, which can only be had through

proper diet, especially a diet of fruits and the light green vegetables, as these contain little or no mucous making material. They cannot irritate the mucous lining of the nose and throat or the middle ear. Their effect is a constantly cleansing one. They cure both the catarrh and the effects of catarrh. Exercise, long walks, and the fresh air treatment should also not be forgotten in connection with proper diet, as curative agents.

Earache and Head Noises

Earache, and head noises, are nearly always produced by catarrh of the nose and throat, and for permanent results it is necessary to study the article on catarrh and follow the advice for the cure of catarrh.

For the temporary relief of an earache however, a cold towel should be placed around the neck to stimulate the circulation of the blood under the ear. When the blood is drawn down in this manner, relief is often obtained in a few minutes. If this is not sufficient however, a cold compress can be wrapped directly around the ear and the upper head.

Massaging the region around the ear with the finger tips dipped in cold water will also prove very helpful. Sometimes a wet towel, folded and placed on top of the head, may prove very beneficial.

Medicine should never be used in this connection, and although relief may sometimes not be obtained for several hours, the methods here advised will eventually bring relief and the trouble will not return strongly, or at all, if natural methods of living are resorted to.

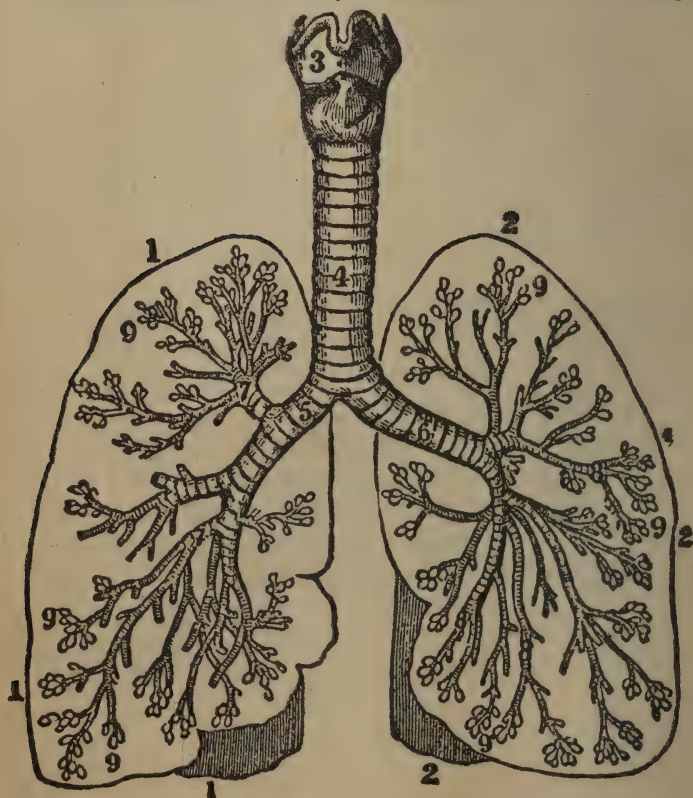
CHAPTER V

COLDS

Their Cause, Prevention and Cure

A Detailed and Slightly Technical Explanation

When one is in the grip of a violent cold it is hard to understand that it is only a curative effort on the part



An ideal representation of the Respiratory Organs.

3. The larynx. 4. The trachea. 5. 6. The bronchia
9, 9, 9, 9. Air-cells. 1, 1, 1, 2, 2, 2. Outlines of the lungs.

of the body. The sneezing, coughing, swimming eyes, aching head and the general discomforts that accompany a cold, may seem like a visitation from the nether regions, but it is really a blessing in disguise, for during the progress of the cold the nose and throat are being used as channels for extraordinary elimination of waste materials which have been clogging the body. It must be remembered that during every living moment the body is throwing out carbonic acid gas, and other impurities from the nose and throat. These poisons are taken from the blood which enters the lungs. The oxygen taken in from the air is used in burning them. They are turned into carbonic acid gas and exhaled through the nose and throat.

When the blood stream is oversupplied with these poisons, irritation both of the lungs and of the nose and throat results. As a rule, the lungs are not seriously affected by this irritation, especially in the beginning, but the nose and throat and the bronchial tubes are quickly affected. When inflammation of the nose, throat and breathing tubes begins, the breath becomes hot and the nose and throat at first become dry, but soon the blood rallies itself and pours moisture into the air passages in order to counteract this dryness and heated condition. As this moisture increases in volume, the outward signs of the cold begin to make their appearance, and the nose and throat begin to run with moisture.

Poisons which have accumulated on the mucous lining of the air passages are washed down. As these rivulets of poison come in contact with the delicate nerve ends in the nose or throat a more or less violent sneezing or coughing is produced. Little by little, if the accumulation of poisons in the blood was very great, the cold becomes more and more violent for just as soon as the nose and throat become extremely active in washing away (through sneezing and coughing) the poisons which have accumulated there, the blood flings still more poison into the nose and throat, at the same time pouring more water into these organs, so that an almost continuous washing and evacuating process is brought about.

Meanwhile the roof of the mouth becomes hot and inflamed, the palate and tonsils become sore and it is more or less difficult to eat or swallow or enjoy food. The appetite also diminishes, food loses its savor because the sense of smell practically disappears while the cold lasts, and the sense of taste goes with it. A great thirst is also usually set up, and the patient wishes to drink water almost endlessly.

All of these symptoms are only the body's varied efforts to get rid of poisons. They indicate that the body is trying to cure itself. A cold is not a calamity. It is a revolt of the body against a slowly creeping death. It is a sign that the body is still alive, and full of fight.

For this reason colds are frequent in childhood and youth. They are less common in middle life,—and rare in old age.

How to Get Rid of a Cold

During the progress of a violent cold, Nature tries to tell the patient as plainly as possible, "Do not eat!" "Any food taken at this time will again fill up the blood stream with poisonous waste material, and thus prevent a cure, but drink lots of water so that the waste already in your body will be quickly washed out." If the patient will obey this advice and drink copious quantities of water mixed with a little lemon juice (with or without the addition of honey, but no other kind of sweetening,) he may be sure that the cold will really be washed out of his body within at the most a few days. When the cold is removed in this manner, it is really out of his body, while the use of medicines or any other methods will only tend to suppress the cold, to drive the poisons back into his system where they will lodge and accumulate until some time in the future the body will make another effort to fling them out, either by means of a cold, or boils, or a rash, or through some other even more serious method.

During the ordinary cold a certain difficulty is manifested in breathing. If the patient is intelligent he will react naturally to this difficulty, he will go out in the open

air, and breathe as deeply as possible for many minutes at a time. This deep breathing with its consequent inspiration of oxygen will help to burn up the poisons in his blood, and thus get rid of them the more quickly. A long walk in a park, or in the open country is also tremendously beneficial in purifying the system, and relieving it of its mucous encumbrance.

While walking, the blood is stimulated and made to course rapidly through the body. The poisons produced, or held, in the tissues are all the more quickly flung into the blood stream, and the blood then throws these poisons into the lungs, the bowel, the bladder and the skin. This eliminative process is hastened and amplified as the walk is made longer, until after a six or an eight mile walk, the nose and throat will, as a rule, be found to be in far better condition than when the walk was begun. If such exercise is repeated day after day for several days, it will materially hasten the cure of the condition which brought about the cold. The internal bath, or enema, applied twice daily during the life of the cold, will also help greatly to cure it by getting rid of the waste materials in the bowels, and thus stimulate the normal elimination of waste matter from the blood into the bowels and through this path eliminated. In this way the blood is purified. There is no further need on the part of the body of flinging an excessive amount of poisons into the lungs. The nose and throat are no longer overworked and the cold diminishes and disappears.

Colds Come From Within

It can be readily seen from what has been said here regarding colds, that they are brought about from within the body and not from without, that they are the product of accumulations of waste material in the system. It may be asked how these accumulations are brought about, and the answer is—that constipation—which clogs the bowels and prevents the proper functioning of this great organ, is the primary and basic cause of this poisonous condition of the blood. When the bowel does not function at least once,

and preferably two or three times each day, a condition of constipation may be said to be present. While this condition exists, waste materials that should leave the body are reabsorbed into the blood, and are made to circulate through the body; these poisons must be gotten rid of in one manner or another. The lungs are frequently called upon to do this, and as has already been shown, they are overworked eventually and the first result as a rule is what we call a "cold."

The old-time physicians seemed to recognize the true nature of a cold and prescribed laxatives and purgatives for its cure. Of course these remedies only helped temporarily, for as soon as the bowel was free of the accumulated waste material, and the condition of the nose and throat began to improve a little, the patient would generally set about the business of eating as hearty a meal as possible. He would also seem to take great pains to eat the very foods which were most constipating, and which were filled with the most poisonous types of waste materials, such as uric acid, phosphoric acid, guanine, decalcomaine and other noxious elements, which would immediately begin the reproduction or the continuation, of the cold.

The only way that cold can be avoided is to avoid the constipating and clogging foods, particularly white bread and other white flour products, pearled barley, white rice, denatured cereals, meats, fish, chicken and eggs; also beans, peas, lentils and cheese. If none of the foregoing foods are eaten there can never be a cold. If little of them is eaten, then colds will be rare. If a great deal of these foods, especially the first mentioned are eaten, then colds are bound to be frequent, and the aftermath of these colds, especially if they are treated with drugs and serums, is bound to be more and more injurious and severe with the passing of the years.

Are "Colds" Produced by Cold or Wet Weather?

It may perhaps be asked why it is that colds are more frequent in wet, or cold, weather; and less frequent in fair,

or dry weather, and also why it is that drafts and sudden exposure while the body is in a perspiring, or heated, condition are supposed to bring on colds? The explanation of these phenomena differs in various instances. Wet and cold weather forces the body to react powerfully against outer conditions. The body must keep up its heat in order to resist the outer temperature and to throw off the moisture which tends to accumulate on it.

As a dog shakes his pelt to get rid of moisture, so does the human body react in cold, wet, weather. The blood circulates rapidly, and every nerve tingles with the effort to get warm and dry.

Even in dry, cold, weather, the body fights hard to keep warm. If there happens to be a lot of waste material in the body, the rapidly circulating blood may begin to throw it out through the nose and throat.

In this way cold or wet weather may bring on the body-cleansing process which we call a "cold."

Exercise—Perspiration and Cold Air

In the case of the individual who is perspiring, or heated, with the warmth of the air, or from exercise, such as dancing in a room where the windows are tightly closed, or where the ventilation is very poor, the sudden contact of the open air may tend to quickly cool the skin and thus stop the exit of poisons through the pores of the skin by which the perspiration is forced out. This sudden stoppage of the excretion of poisons through one channel will sometimes tend to fling these poisons into another channel, such as the lungs, and the continued contact of cold air with the body may cause a powerful reaction in which these poisons will be gathered up and flung into the nose and throat from which they are eliminated.

If the individual who is thus suddenly struck by this influx of poisons into the nose and throat, will walk in the open air and breathe deeply in the meantime, these poisons may be so thoroughly eliminated, and the nose and throat so well healed and cleansed by the oxygen which is inhaled during the walk, that no violent cold will be the result.

However, if the body is in very poor shape, especially when the patient has had insufficient sleep and rest, and where the mental state is not very good, a cold may result even despite long walks and the breathing of great quantities of fresh air. In this case the body will be taking advantage of the temporary stimulation of exercise, or the dance, or of the hot room, and the subsequent contact with the cold air for the purpose of utilizing the nose and throat as channels for eliminating long accumulated waste materials, which would otherwise have remained in the body until some other stimulation came along to help start this process of elimination. It must be remembered that in a much weakened body even the power to produce a violent cold is lacking, and it takes some great outward stimulation to energize the body into making this effort towards the elimination of accumulated waste materials.

Do Drafts Produce Colds?

A draft is never considered such in warm weather. It is only in cold weather that circulating air in a room is labeled a "draft," and as such it is made an object of dread. A person sitting near a window that may be slightly open and from which cold air enters and circulates through the room, may get up to find some part of his body stiff and aching, or unduly cold. If this condition is later followed by a running nose or sneezing or coughing, the sufferer will recollect that he had been in a draft and that thus he had caught a cold. The fact being that the draft has only served to stir up the blood and the suddenly stirred blood immediately began the work of elimination, which developed into a more, or less, violent elimination which is called a cold.

On the other hand, the draft may have actually brought about a cool condition of the skin, or of some muscle from which the blood had been driven by the cold. This could only happen where the general circulation is very poor, and when it does happen either a "local" cold so-called is produced, in which case the affected part may remain stiff and continue to ache for some time, or else the entire

blood stream will get busy with the work of heating this part of the body and bringing it back to normal. While doing this, the poisons which accumulated locally during the time that the blood failed to reach the affected part, are forced into the general circulation. These poisons may consist chiefly of dead blood cells which were destroyed in the fight against the invasion of the cold.

This added work in an already weakened body brings about a state of further weakness or exhaustion, in which case the lungs are again unduly called upon to take up the burden of elimination. In such a case, as has already been shown, a cold is readily produced and in fact, grippe, influenza or pneumonia may be the result, for these latter conditions are only names for inflammation of the lungs or bronchial tubes, and of a general effort on the part of the body to eliminate poisons through these organs.

It may be argued that people should not sit or stand in drafts, nor permit themselves to leave a warm room and enter the outer cold while in a state of perspiration. Undoubtedly, such advice may seem at least temporarily valuable for those who are afraid of that eliminative effort of the body which is known as a cold. However, people who take every precaution to wrap themselves up carefully when leaving a warm room, and who will never remain in a cold draft, nor permit a cold draft anywhere near where they find themselves will nevertheless be afflicted by severe colds, catarrh, influenza, bronchitis, grippe, pneumonia and so forth. So long as poisons accumulate in the blood, and tissues, through wrong living, and while the body continues to possess the power to rally itself in the effort to rid itself of these poisons, the ailments above mentioned are bound to make their appearance.

If the normal channels of elimination are not kept active in a normal way, then nature will force them to be active in an abnormal way. The normal elimination of gases from the lungs, nose and throat does no harm and is in no way uncomfortable. If waste matter, however, is permitted to clog the system, the body must make strenuous efforts to get rid of it, and these efforts will manifest

themselves in the form of ailments of the nose, throat, bronchial tubes and lungs, or of other organs, or parts of the body.

It is up to the individual to choose.

By keeping the body fit at all times, colds are made impossible for there is absolutely no need for the nose and throat to become abnormally active, as in the case of a cold, unless the body has been subnormally active in the ordinary elimination of waste material. Therefore, people who keep their bowels functioning at least once a day; who keep their lungs working properly by exercise, and by breathing sufficient fresh air; who keep their skins active by proper bathing, and at the same time get plenty of sleep and rest, and drink sufficient water, etc., in other words, people who keep every organ of their bodies working as nature intended them to work, neither too much nor too little, are never in any way forced to suffer from these ailments which afflict the overwhelming majority of mankind, simply because the majority do not, or will not live correctly.

The savage who has to be in the open air a great deal of the time both summer and winter, and who sleeps in extremely drafty places, does not know the meaning of a cold or of any of the other ailments which afflict civilized mankind. He exercises plentifully in the open air, eats simply, sleeps sufficiently and on the whole worries very little. His bowels, skin and lungs are far more active than is the case with the average civilized individual and so he never knows what it means to clog up one part and thus overwork another part, of the body.

There are thousands of people nowadays who observe the natural laws, and who may be said to be entirely free not only of colds, but of all other ailments which are prevalent nowadays. The privilege of possessing such good health is open to all who will forget the old time interpretations of drafts, wet weather, etc., and who will put their bodies in such condition through right living, as to make these ailments impossible.

Asthma, Catarrh, Bronchitis, Hayfever

Asthma, catarrh and bronchitis are chronic forms of the ordinary cold. Hay fever is a violent seasonal form of catarrh. It is not caused by inhaling pollen. Farmers who are always in the midst of pollen, rarely have hay fever.

An absolute essential in the cure of these ailments is a diet consisting of non-mucous forming foods. Raw, fresh fruits and berries contain no mucoid material whatever. Raw green vegetables contain very little. A diet consisting largely of these foods will soon clear up the most stubborn of nose and throat conditions. Stop adding to the mucous accumulations and all irritations of the mucous membrane disappear.

In severe types of these ailments, try to follow the fruit diet as outlined in these pages. Such a diet, combined with fresh air, exercise, and other forms of correct living, should bring relief in a few days. After a week or two, however, whether relief has been obtained or not, begin to follow the regular summer or winter menus, according to the season of the year.

If this diet is continued and right living is persisted in, a cure will be achieved in time. Patience is one of the greatest essentials in the treatment of these stubborn ailments. The final result is, however, never in doubt, when natural treatment is resorted to.

CHAPTER VI

TONSILS AND ADENOIDS

What They Are and Why

These are lymphoid structures at the base of the nose where it enters the mouth and also in the throat at the root of the tongue. When they become swollen and filled with pus, they interfere with breathing and cause aches and pains, and in general bring about a very uncomfortable condition. When this occurs, the average physician will usually advise a surgical operation, claiming that it is at once harmless and necessary. It is never entirely harmless and sometimes causes serious complications; above all, it is never essential.

It is claimed by those who believe in a surgical operation, that the tonsils and adenoids have absolutely no function to perform in the body of a human being. They call them vestigial organs which modern man has inherited from a lower stage of life, and which are no longer useful, though originally they may have been necessary. This is a very comfortable theory for the surgeon who wants to salve his conscience and thus validate his action cutting out these very useful organs.

Many physicians and surgeons nowadays claim that they do not know what these organs are for, nor how they happen to be present in the mouths and throats of human beings. Therefore, they would cut these organs out, because, first of all, they do not know what they are for, and secondly, the organs are diseased. If the knife was to be used so readily in all other diseases and sicknesses, the body of the average human being would resemble a cross puzzle of scars and patches long before the age of maturity. The believer in tonsilectomy and adenoidectomy however, will reply that in this case, we do not know the

purpose of these organs, therefore they must be useless, and so it does no harm to remove them.

Only a few short years ago, the purpose of the existence of many of the glands of the body, especially the ductless glands, was not known. Today even the most ignorant physician knows that they are of the utmost importance to health, growth, and life itself. There are a few modern physicians who already realize the necessity for the existence of the tonsils and adenoids, and who understand the reason for their existence. These physicians point out that the tonsils and adenoids are made of lymphatic tissue and that wherever lymph is found in the body it invariably acts as a neutralizer of poisons in the blood. For this reason they argue that these lymphatic organs are specially placed by nature in the nose and throat, where some of the greatest activity of the blood takes place and where a great deal of poison must therefore be produced. It is also believed that they help the mucous lining of the nose and throat to filter the poisons that are taken in directly from the air.

At any rate, nature has placed them both in animals and in men and if they have any function at all in animals, and it is admitted that they have, then undoubtedly they perform a somewhat similar function in human beings, especially in children. At maturity, these organs tend to shrivel and practically to disappear, because evidently their usefulness has declined or ceased. Nevertheless, whenever they are found enlarged or suppurating in a grown person, it must be because they have constantly been called upon to either renew their functions, or to continue whatever function they possess. It is not reasonable to suppose that they are there sheerly through accident. There are no accidents in nature. Everything follows a law and every effect has a cause.

In order that we may know how to treat a diseased condition of these organs, it is only necessary to find out why they are in this condition. Invariably, it will be found that the person suffering from tonsilitis, or inflamed adenoids, whether it is a child or a grown-up, is in general

in a run down condition. It will always be found that they eat too much denatured white flour products, or denatured grains of other sorts, and refined cereals. These bleached and pasty starches will as a rule be found to form the bulk of the diet of one suffering from tonsil and adenoid trouble. An excessive diet of eggs, chicken, fish and meat also helps to bring on these ailments.

Aside from diet, in every case where these troubles exist, it will be found that the individual does not breathe sufficient fresh air, does not exercise enough or perhaps not at all, and likewise walks very little in the open air.

Infants and Older Children

The cure of diseased tonsils and adenoids in children is very easy as the parents can dictate to the children what they must eat and do in order to be cured. A diet consisting of raw oranges, apples, pears, grapes and fresh berries should be prescribed to the exclusion of all other foods and all beverages except water. The child should be kept in the open air as much as possible, and when indoors even in the coldest weather, the windows of its room should remain open, at least a little during the day and as much as possible at night. There need be no fear of the child suffering any harm through fresh air, no matter how cold it may be, as long as it is well covered. By well covered, we do not mean that it should be suffocated in great, heavy, layers of clothing. Its face must be open to the air no matter how cold, and the clothing must be loose around its body.

If the child can walk, it should be taken for long walks and should be made to play around in the open air as much as possible. In winter it must be warmly, but not too heavily dressed. In feeding the child, the fruit should not be stuffed down its throat. It should be given fruit only as it desires, and all of one kind if the child wants it so. If the child refuses fruit and begs for other foods, the parents must harden themselves against its pleas and wait until the child is hungry enough to eat raw fruit. Until then it should get nothing whatever to eat.

An entire day may pass before the child asks for any food, but even if two or three days pass, no harm would be done, as in all cases of sickness the body can get along better without any food at all, than with even the best foods, as the process of digestion is always very slow in all kinds of sickness. It should take but a few days at most to obtain real relief.

Following a fruit diet, ordinary milk can be added in gradually increased quantities as the child desires, and later on other natural foods such as light vegetables, whole wheat bread, nuts, whole grain cereals, etc. can be added.

In the case of an infant who is still largely on a milk diet, it may not be wise to deprive the child of milk, but unsweetened orange juice should be given the child after each nursing or in between nursings. The amount of milk fed the child, whether it is breast fed, or bottle fed, should be decreased a little during the curative period. If the child has little appetite, which is usually the case in a condition of this kind, the amount of milk which it is fed can be reduced considerably. It can even be done away with altogether for a day or two, when the child does not suckle at its mother's breast.

In the case of a nursing mother whose child suffers from these ailments, she should not fail to dose herself as well as the child, with fruit juices. She must likewise live more naturally in other respects, if she wants her child to benefit by the milk it draws from her body.

In grown-ups, a fruit diet followed by the addition of light vegetables and of other natural foods, combined with exercise, long walks and deep breathing, will soon accomplish a cure for this condition. Deep breathing in itself will greatly assist even without the aid of diet and exercise in relieving this condition. For a complete cure however, all methods of natural living are essential.

CHAPTER VII

THE TEETH AND GUMS

Civilization vs. Savagery

Wild animals and savages invariably have good teeth which remain almost perfect until old age and death overtake them.

A lion could hardly get along with a mouthful of bridge work, nor could a horse or a cow, who in their natural state must seize grass and tear it out of the ground, and then slowly chew it, and grind it into a state where it is ready for digestion.

The savage, who is unaware of the marvels of modern cookery, could hardly get along without a good, sound set of teeth. Dentists are not found in the wilderness, and a man in the midst of what, so-called, civilization calls a wilderness, could hardly get along with a mouthful of weak, decaying teeth and bleeding pus filled gums. So wherever we look amongst natural creatures, we find the teeth, perfectly formed and adapted for their work, all through life. We find, in fact, that the teeth remain comparatively strong and well set, even after the rest of the body has greatly deteriorated.

For an animal, or an aboriginal man, the loss of the teeth would spell death. There is only one reason why their teeth are so strong and sound, and this is because they are forced to live on coarse, natural foods, with little, or no preparation. Likewise, the only reason for the poor gums and decayed teeth of modern man, is the soft, mushy and denatured diet upon which he tries to live.

With the aid of the dentist, he manages to continue to eat, and even to chew his food a little, when most of his teeth have decayed and his gums are soft and tender.

No amount of dental skill can ever be made to equal the simple efficiency of a mouth filled with strong, clean, natural teeth. Nature provides all its creatures with the tools and implements, which they require in order to live, and these tools and implements are kept in good condition only so long as they are used for their natural purpose.

A tiger needs his teeth, and claws, to tear down his prey, to rend its flesh and break and to grind its bones so that the marrow may be gotten out of them. Even a sheep needs its teeth that it may crop the grass, but man does not need his teeth any more, for he can cook his food into a semi-liquid, and swallow it with little chewing. Of course this reacts upon, and injures his stomach, also it takes away from his teeth their normal exercise and work, but this matters little to the man who does not think of his present and future health, so long as the soft, mushy and watery food can continue to be eaten without teeth.

The Cause of Pyorrhea

It is a law of Nature that only that which is useful is maintained and the useless dies and is destroyed. What use is there for teeth that bite into coffee and cake, soups and gravies, soft pies and soft melting meats, finely chopped vegetables and cereals, that are soaked in milk; puddings and ice creams, that slide so easily down the throat, candies and sundaes, that liquify in the mouth and that cause the teeth to liquify as well?

Nature realizes the folly of providing an efficient cut-and grinding machine, where there is no cutting or grinding to do, and gradually and slowly, but none the less surely, proceeds to remove the teeth little by little, and one by one. The gums are softened so that the teeth will come out easily; pains and aches harrass the owner of the teeth until he is forced to help Nature along, by extracting the teeth before they are completely eaten away. Ulcers and pus pockets are caused at the roots of the teeth, so that their foundations are sapped and they almost slide out of the mouth with just a little pull of the forceps, or even of

the fingers. Nature is very prodigal, but not to the extent of keeping up and caring for wondrous machinery where there is no use to which the machinery can be put. Modern man is toothless because he has no natural use for his teeth. He should have no complaints to offer and should accept the inevitable.

But suppose he does not care to look up this as inevitable? Suppose he does not like the appearance of an empty, gaping mouth, or of the beautifully fitted plates of the dentists? Suppose he insists that there must be a way of keeping the teeth as the dog, or the cat, keep their teeth, by gnawing on a bone, even though they eat out of the garbage can? Suppose he wishes to imitate the savage or in fact, those few civilized people, who consciously or unconsciously, adhere more or less to the natural laws of diet, eating fruits and breaking nuts with their teeth, chewing raw green vegetables, and eating bread without butter, coarse, black bread that requires a lot of chewing before it can be swallowed easily!

The Cure of Pyorrhea

If a person should choose to live on a natural diet and to exercise the teeth and gums,—artificially if necessary, there is no question in the world but that he can maintain a perfect set of teeth, provided that he has such a set—in other words, if he has begun in time,—or failing of a perfect set of teeth, to strengthen the gums and keep the teeth at least as good as they are at the moment, with practically no further pain, deterioration, or decay so long as life lasts. There are modern methods that perfectly fit modern life, which enables any man, woman or child, to do this. All it requires is first a little faith, and secondly a few weeks' trial. These methods never fail, for they are based on the natural laws and the original habits of man—those laws and habits, under which man developed, and under the effects of which the really beautiful bodies of natural men and women assumed their most perfect form.

With all the refinement in the features of civilized humans, there should also be that last refinement and that

most perfect adornment, a perfect set of beautiful, even, glistening white teeth. This last is the refinement of Nature and is her free gift to all who obey her laws.

A Perfect Exerciser for the Teeth

In biting on a handkerchief for the purpose of strengthening the teeth and gums, wonderful results are obtained.

The author has found it necessary however, for the purpose of maintaining healthy gums to invent a special, plate-like device, made of soft but tough rubber, which is almost indestructible. This article can always be kept clean. It fits the mouth perfectly and can always be kept handy. The possession of this device in itself is an inspiration to carry out this exercise. Nothing in the world will strengthen the teeth and gums as much as biting, and pressing on this rubber article for about a half minute in the morning and another half minute at night.

It can be said positively and absolutely, that the worst phases of pyorrhea will be done away with in two or three months' time at most, by the proper exercise of the teeth and gums, and by an improved diet.

Loose teeth and weak gums, or exposed teeth that project so far from the gums, or a condition of empyemia, or pus in the mouth, begin to improve almost from the first day that this tooth and gum exerciser is used. It is also a great aid to cleanliness of the teeth and mouth, as the salivary glands are greatly toned up by its use, and they are nature's own provision for the cleansing of the mouth and teeth.

The inventor has tested this article for nearly fifteen years with unfailing success. He now offers this tooth and gum exerciser to the public, with the assurance of perfect teeth and gums as the result of its use. A single week should be sufficient to demonstrate its benefits.

(This exerciser can be procured by mailing 50 cents to the inventor, Edwin J. Ross, care of Natural Health Assoc., 503 Knickerbocker Bldg., N. Y. C.)

CHAPTER VIII

THE UPPER DIGESTION TRACT

Bad Breath

This condition is sometimes due to local causes such as bad teeth, sore gums, or decayed food particles in the mouth. In at least nine cases out of ten however, bad breath especially of the more offensive types, is due to bowel trouble, or to stomach trouble that has been brought on by bowel trouble.

Millions of people suffer from bad breath, and recently a number of advertisements have appeared in the newspapers, magazines and elsewhere, which describe the horrors, discomforts and losses, that accompany this condition, which is medically known as halitosis. These advertisements all depict the wonders of one mouth-wash or another, and claim that by washing the mouth with so-called antiseptic solutions, bad breath can be banished in most cases.

The truth is that not even a local case of this kind can be relieved, except for a few minutes at a time, by any mouth-wash or gargle whatsoever. Unless these medicines were capable of curing bad teeth, and doing away with pyorrhea, empyemia, diseased tonsils and bad stomach and bowel conditions, they could have no influence in checking this malady. Not even the advertisements claim this. Long before the recent vogue of mouth-washes appeared, people attempted to disguise their breaths after a hearty meal, or an over-indulgence in meat, cheese or other irritating foods. Peppermint lozenges, cloves and all varieties of mints, chewing gums and perfumed sweets, have been invented for this purpose. By constantly keeping one of these "breath purifiers" in the mouth, the bad odors arising from a clogged bowel, a disordered stomach or a sick

mouth can be disguised. These things however, in no way help to cure bad breath, or the things which cause it.

A diet of fruits, light vegetables, a little milk, whole wheat bread, some nuts and dried fruits, with only an occasional meal of meat or fish, combined with long walks in the open air and other natural curative methods, will soon change the breath of the butcher shop into the breath of the orchard and garden. The gift of nature to those who eat natural foods is a sweet, pure breath; that is in consonance with the perfume of apple blossoms, and orange groves and the smell of new mown hay.

Wherever the cause appears to be local, this general treatment must be resorted to as well, although it would be wise to read this article on the teeth and gums and apply the local methods that may be necessary.

Biliousness

Biliousness is a name given to a condition, in which an excess amount of bile has gotten into the small intestine and made its way into the stomach. Vomiting, nausea, and a general catarrhal condition of the stomach is the result.

The reason for such an overflow is due, as a rule, to overeating, especially of fatty foods, because the bile in the liver is intended to act chiefly on fats. In such a case, the liver has grown so accustomed to pouring bile into the intestine that it continues to do so even when it is no longer necessary. Jaundice is another result of an excess flow of bile from the liver.

The only way to cure a tendency towards biliousness or jaundice, is to eat less fats and more of the so-called acid fruits and vegetables. Combined with other natural methods of living, this is an unfailing remedy for these troubles.

Coated Tongue

Practically every ailment, even an accident to a leg or an arm, may bring about a coated tongue. It is a sign of elimination. The tongue is one of the means of eliminating poisons from the body, and when this elimination is in

a very active state the dirt gathers and adheres to the tongue. Ordinarily, these eliminations are easily handled by the fluids in the mouth, which wash away the dirt, and by the air that is always present in the mouth. But when the body is out of order, and more waste material than usual is eliminated into the mouth, the saliva is weakened and cannot take care of this excess. The result is the tongue remains coated until the body returns to health again. When the coating is slight, it is as a rule, only a sign of a mild condition of indigestion or constipation. When it is heavily coated, it may be a sign of almost any serious disorder in the body. It is only a sign however, and not a disorder in itself, and it is foolish to try to scrape the tongue, or in any way to get rid of the coating on it, without attempting to find the real cause of the symptom and removing that cause. There is really no advice to be given regarding coated tongue, except to say that the general health should be built up, the bowels kept open, and regular in their action, by eating fresh fruits and vegetables, and then this symptom will disappear.

A clear tongue is, however, not a dependable sign of good health. Disordered nerves and weakened organs, have been known to exist while the tongue remained either comparatively or wholly clear. However, in a general way, it may be taken as a fairly acceptable symbol of good health.

Occasionally, a coated tongue may only show that old lesions are being healed, or that more, or less ancient waste accumulations are being removed. In such cases,, the body, already fairly clean, is going through an additional house cleaning: then it is a sign of increasing good health.

Lastly, it should be understood that coated tongue is not to be feared. It is essentially a sign of elimination. It may mean that sickness is ended. It need not at all mean that sickness is beginning.

CHAPTER IX

GOITRE

Goitre is, supposedly, a gradually developed enlargement of the thyroid gland, and the enlargement shows itself on either side of the neck or sometimes in front of the throat. It is generally painless, soft and elastic. Occasionally, it affects the wind pipe and gullet, and thereby interferes with breathing.

Many things have been held responsible for the cause of goitre. Certain water supplies have been blamed for instance, but nevertheless goitre is found in many places where the water can be in no wise blamed. A community of ten thousand may have ten goitre cases. Nine thousand, nine hundred and ninety of the people in this community drink the same water as the other ten and have no trouble of this kind. Only ten have goitre and yet the water is blamed for the condition. Of course there are communities where a large percentage of the people have goitre and here there may be some sense in attributing the cause to the drinking of polluted water, or water lacking in certain mineral elements, or containing too much of these elements. The modern theory held by medical men regarding goitre is, that it is due to some disarrangement in the secretions of the thyroid gland.

Whatever the cause of goitre may be, and its exact cause is hardly known, a cure is possible. A natural life continued over a space of many months may be required in order to accomplish it, but it can be accepted as a practical certainty, that a cure will finally be arrived at.

If a long total fast, or even a partial fast which includes the eating of fruits or the drinking of milk, can be undergone under the direction of a capable physician who be-

lieves in fasting, then a cure may be achieved quite rapidly.

In conclusion let us say, that although the particular cause of some ailments may not be known, all disease is caused by wrong living of one kind or another. If, for instance, the habits of eating, of the goitre victim, will be examined, it will be found that they are very far from habits established by nature. In every case, it will be found that either a great excess of animal food is eaten, or even more commonly, a great amount of unnatural starches are consumed. Such foods are bound to cause trouble of some sort, and it can never be foretold exactly what ailment will be produced in a given individual. When a gland is affected by any form of wrong living, strange phenomena are produced. No matter how puzzling these may be, right living always solves the problem.

CHAPTER X

THE HEART

Though there are many different forms of heart trouble they are all caused by the same habits of living. When we know what these habits are, it should not be difficult to effect a cure.

First of all, in order to understand how the heart gets out of order it is necessary to know that the heart is a muscle which begins to work before birth and does not end its activities until death has taken place. It is normally one of the strongest organs of the body, and one of the last to give way to abuse, and yet heart trouble is the cause of a great percentage of all deaths in this country.

Indeed heart trouble is looked upon as being so fatal that the average person, when told that he suffers from such a condition, practically gives up hope of ever being cured and sets out on a decline which can only end in one way.

There is really no reason for such a gloomy attitude toward this very common ailment. It is most assuredly curable in all young and middle-aged people. Even in elderly people, if it is taken hold of in its earlier stages, the disease or weakness can be arrested, and the heart can be so improved as to function, almost perfectly, for a great many years. In fact, if very carefully treated it may be said to be at least partially curable in almost any stage and at almost any age.

Two Methods of Treatment

MEDICAL:—Hitherto, heart trouble has been treated by telling the patient to rest, to move slowly and cautiously, in fact, never to make a strenuous movement of

in a weak, undeveloped, and inactive body, especially when that body is gorged with rich and highly spiced foods, and dosed frequently with alcohol, coffee, tea or medicine.

In running or exercising or playing strenuously, the heart beats fastest, and in beating fast it develops, and grows strong. In walking or in mild exercise the heart is more gently stimulated, is not quite so powerfully developed but is still kept in fair condition. In such condition we may be certain that there will never be anything physically wrong with the heart. In moving about slowly and lazily, in looking upon oneself as delicate and weak, and refusing to develop one's body for fear of injuring it, in refraining from all real activities or strong emotions, we hold the heart back. It is made to beat slowly. The heart is weakened and not strengthened, by sitting a great deal, standing a lot, and lying down to rest or sleep for too many hours without strenuous labor to counteract the excessive rest. The heart is made to beat so slowly and so feebly at such times, that the muscle of which it is composed, does not get sufficient exercise, and grows soft, flabby, and feeble along with the other muscles of the body.

If we add to this the stimulants that such people often take for the purpose of making them feel artificially better. If we take into account the coffee, the tea, and the heavy meat diet upon which such people often try to subsist,—we can understand how the heart is abnormally irritated and driven by these artificial aids.

It gets into a fretful condition which no longer responds to the ordinary calls made upon it by the tissues, which demand their normal supply of blood. It is unable to pump that blood or to control its flow properly, and then a leaking valve and a murmur are set up; or some other form of heart trouble is produced.

It becomes ineffective, like a lazy person who cannot respond quickly to any emergency, and who is irritated at the very thought of activity.

Of course in many cases, no matter how the body is abused, heart trouble does not result from the abuse. In such cases, some other organ or organs are attacked, while

the heart keeps on functioning in pretty fair order. But wherever any form of heart trouble does exist, the causes mentioned above are, in nearly every case, back of the trouble. Aside from great shock or some terrible accident, these might be said to be the causes in every case, and even where accident has deranged the heart, it must have been weak prior to the accident.

In cases where overeating has contributed to the causation of heart trouble, there also will be found as a rule, lack of exercise and sufficient activity to tone up the heart muscles.

Effect of Coffee, Drugs, Laxatives

Chronic loss of sleep, too much tea and coffee drinking, alcoholism, and particularly the habitual use of drugs, all tend to weaken the heart. The common drugs which have the worst effect on the heart are aspirin, phenacitin, digitalis, nux-vomica, arsenic preparations and bromides of all sorts. The continued use of laxatives and stomach remedies, also tend to strain the heart by overworking it in a purely artificial way, which harrasses this vital organ without developing it.

In such cases especially as a result of coffee, alcohol and drug usage, and the excessive use of tobacco, the heart pumps the blood rapidly, although the tissues may be unable to make use of it. While the beat of the heart at such a time is rapid, it is not even and strong, but fluttering and uneven and of a shallow nature. The blood is not really forced through the tissues but returns hardly used.

It is like the engine of an automobile running "idle" at a rapid rate. It accomplishes nothing except to wear itself out.

Whereas when the heart is forced to pump blood powerfully during exercise or play, the blood is made use of to build and develop the tissues of the body. The entire body, muscles, lungs, stomach, bowel and heart are developed in this manner. Every part is synchronized to work properly with every other part.

The whole body can be made into a strong, harmonious machine, and the heart with all its valves, and the arteries and veins extending from, and to it, can be built up so that when exercise or play are indulged, the heart is ready to do its work. Only in this way can the heart be made to work well.

If the savage, who was the progenitor of modern man, had stopped to consider the condition of his heart while hunting, or in battle, or while trying to escape from an enemy or pursuing animal, he would not have survived long. He had to have a powerful heart, and a perfect pair of lungs, in order to maintain the activity which enabled him to live.

Relief and Cure

Modern man need not cultivate quite so strong a heart, or such wonderful lungs, in order to live in the present day, but if he is to live at all, he must exercise, he must get about on his legs quite a little, and he must engage in other physical activities, or his heart and lungs, which were intended for tremendous labors, will break down altogether.

To cure heart trouble, it would however be foolish to immediately engage in strenuous activity. It would not do to attempt to run five miles or to engage in a prize fight. We must remember that the heart is weak, and that it needs slow and careful upbuilding. Here, the keynote is moderation and patience. The ambition to be well, must to some extent be held back. The patient must, especially if the heart is in a very bad state, move so slowly in the right direction, that it will take a month or more to bring about any perceptible change. Still, there should be no hardship in doing this as long as we know that ultimately a cure, or at least a comparative cure, is possible, and there is no question whatever about this. In at least 90% of all cases, what amounts to a real cure is possible, in fact is certain, if the right methods are used and real patience and hope are exercised.

CHAPTER XI

HIGH BLOOD PRESSURE

Cause and Effect

High blood pressure is a condition which affects as a rule only the middle aged and the old. It is rarely a disease of youth. It is like arterio-sclerosis, or hardening of the arteries, a condition that gradually grows worse with the passing years, and it is brought about by the same general causes that produce this physical old age.

It is due to a slow gathering of poisons in the blood stream, that cause the blood to press against the walls of the veins and arteries, and forces the heart to beat rapidly, without really increasing the amount of circulating blood. It is a peculiar condition in which the blood circulates loaded with, and still collecting more impurities, which can not leave it because the skin, bowels, lungs, bladder and hair do not help in the process of elimination.

It is a case of all around clogging or constipation, if this term can be given to a condition in which all the organs of the body intended for elimination, are laying down on the job, and refusing to assist the blood in the work of removing poisons from the body. Basically it is caused by constipation of the bowels. The retention of waste matter in the bowels for many hours longer than it should be retained, causes a reabsorption of some of this waste material into the body. This waste material is taken up by the blood and circulates through the body, until the lungs, the skin and the bladder can be gotten into the proper condition to throw it off.

When, after many years, the skin is in a weakened condition, the lungs are not over strong, and likewise the kidneys and bladder can no longer do all this extra work,

there follows what amounts to a partial breakdown of the circulation. Occlusion or stoppage in the veins and arteries results again and again, from these poison accumulations and high blood pressure is the result.

Acid Forming Foods

In addition to constipation, the eating of large quantities of meat, fish, chicken, eggs and cheese, supplies the kidneys with an overload of acids and other waste materials. Because the kidneys can only function to a certain capacity, and these classes of foods supply waste material beyond their capacity, a great quantity of such poison remains in the blood; to circulate around and around: A perfect "viscous circle." This of course assists greatly in increasing the blood pressure.

Cure

In fact, there has never been a case of high blood pressure in which the victim was not a great consumer of animal foods of one kind or another. Therefore there is no hope of curing this condition, or even of bringing about any real relief, unless the consumption of animal proteins is practically discontinued, and a diet consisting largely of the light green vegetables and raw fruits is adopted in its place.

Long walks, that begin with short walks, and develop into longer walks only after weeks of such exercise, the drinking of a great deal of cold water and breathing a great deal of fresh air, are also absolutely essential towards a cure.

The amount of food consumed should gradually be cut down, as the high blood pressure victim is usually inclined to eat too heartily. Coffee, tea, alcohol, tobacco, drugs of all sorts, especially laxatives, are also very injurious to the high blood pressure victim. In fact these latter by themselves can often cause high blood pressure with but slight intervention of any cause. There need be no fear of the effects of high blood pressure, if the patient will proceed to treat it rationally and without fear, and if the lure of the "flesh pot" will be forgotten.

CHAPTER XII

INDIGESTION

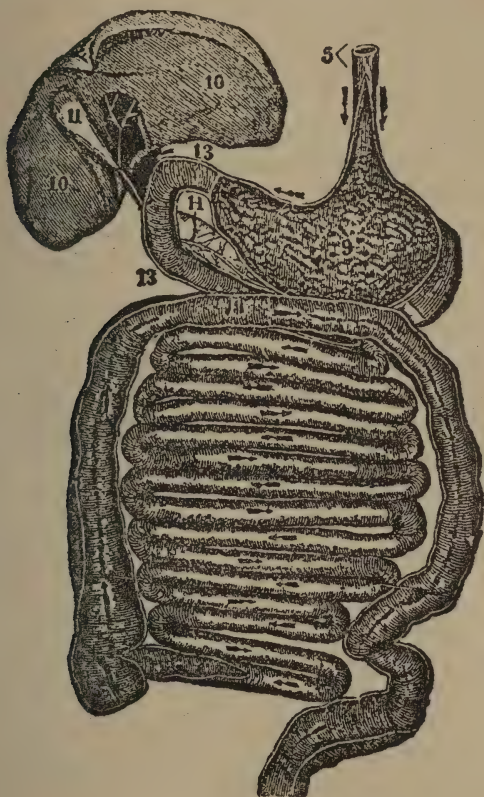
Indigestion is simply the inability to digest foods properly and quickly enough. This is due to a variety of causes, chiefly wrong foods and lack of sufficient exercise and fresh air.

An excess of fatty, or fried, foods; highly seasoned and mixed foods of any kind, will tend to bring on this condition. Sometimes a single dish which has been overcooked or over-prepared will bring on a sudden attack of indigestion. As a rule, however, it is only after a very large meal, which has followed a continued punishment of the stomach and intestines with an overload of rich foods, that indigestion manifests itself. Constipation also helps to bring about a slowing up of the digestive functions by interfering with the moving of waste material into the large bowel from the small intestine. The small intestine in turn slows up in its work of digestion, in order that it should not overload itself with waste material. This causes a slowing up of the working of the stomach, for the small intestine refuses to take further supplies from the stomach. When the stomach is forced to retain any food whatever for too long a time, indigestion is brought about.

How Heart-Burn is Produced

Indigestion may manifest itself in the form of acids forced back from the stomach into the mouth, or it may take the form of gases or, on the other hand, it may give rise to a pain in the center of the chest which is commonly called "heart burn." This last condition is produced by the gases and acids which come up from the stomach and enter the esophagus (or food tube) which leads to the stomach from the mouth. The irritation of these acids

and especially of the gases, which tend to spread the aesophagus in their efforts to escape into the mouth, bring about the painful burning sensation which is associated with heart burn, which is only a symptom of indigestion.



DIGESTIVE ORGANS.

5. Esophagus. 9. Stomach. 10. Liver
11. Gall-bladder. 14. Pancreas. 13., 13. The
duodenum. The small and large intestines are
represented below the stomach.

The swallowing of bi-carbonate of soda, charcoal tablets, milk of magnesia or other drugs, tends temporarily to slow up the production of acids in the stomach. The stomach however, soon rids itself of these medicines and the acids reappear in the small intestine; where they are not so

liable to set up pains and aches, but where a much worse condition is produced. This condition may eventually show itself in the form of appendicitis or peritonitis, or it may take some other form, but it will invariably cause trouble of a much more serious nature than ordinary indigestion, or heart burn.

The cure for indigestion lies in an improved diet. Where the cause has been largely a matter of overeating, less must be eaten. In all cases it will be found that less fatty foods, less animal foods, no denatured starches, and a simpler preparation and mixture of foods that are eaten by the victim of this condition, will tend to quickly bring about a cure. In fact indigestion is easily cured unless it is of many years' standing and even then, a cure need not take more than a month or two, as a rule.

Exercise, long walks, the drinking of water whenever thirst requires and an increased amount of fresh air both in the home and at work, will be found speedily effective in curing this condition.

CHAPTER XIII

CANCER

The very name of cancer is held in such dread by the majority of people that it is difficult for them to reason rationally on the subject. Nevertheless, it may be said at the very outset that the nature of cancer is now pretty thoroughly understood, and that we believe a cure can be accomplished by natural methods without the aid of the knife, the X-ray, radium, drugs or any other artificial method. At the same time it may be said on the authority of some of the greatest cancer specialists, that none of the present day medical methods are capable of curing cancer, and therefore any suggestion of a natural method for its cure ought to be welcome to all sufferers from this malady, as well as to all others interested in the truth.

Certainly if medicine and surgery have failed and are failing daily, to cure or to effect any real relief in true cases of cancer, then of course, only the purely natural methods are left to offer us hope. If it is further claimed, **as we do claim**, that these methods are capable of achieving a complete cure, and that this cure is accomplished within a year at most, then there is all the more reason for looking into the facts as they are here briefly presented.

What is Cancer?

First of all, it is necessary to present the accepted medical view of what a cancer consists of—a view with which we have no quarrel at all. The answer is that cancer is due to a rapid proliferation of the cells. In plain words this is the breaking up of individual cells which multiply rapidly, each cell splitting in half and forming two cells which then go on splitting up almost indefinitely. The affected area grows constantly, and finally causes

death by obstructing the flow of blood through the affected parts, and also by poisoning the blood stream with the waste materials flung off by these sickly and weakened cells.

When the affected tissue is removed by the knife, or by other means, the cancer makes its appearance again either in the same region or in another part of the body. It is not cured because the poisons which brought about the cancerous condition still remain in the body, and not only do they remain, but they are reproduced and added to continually with every wrong meal and through every other wrong habit of living.

Does Wrong Eating Cause Cancer?

The question arises as to how we can be sure that wrong habits of living produce cancer. May it not be on the other hand, that some microscopic organism gets into the body and brings about this malignant condition? The answer is that in every case of cancer, without exception, we find one, or both, of the following conditions. First, the patient is run down in health and nervous energy. Secondly, the patient is an unusually large consumer of animal foods.

In those cases where a person may seem to be robust when the cancer first makes its appearance, this only seems so to the outward eye. In reality the patient's general condition is anything but enviable, and in all cases the intake of animal foods is above the average. Likewise, chronic constipation is almost invariably found associated with the cancerous condition.

Cancer Is Increasing

The increase in the death rate from cancer in the United States has been so great in the last few years, that present day statistics seem to show that one in ten of all deaths are due to cancer.

Dr. Mayo Says

Dr. Mayo, supposedly the greatest cancer surgeon in America at the present day, has made several statements to the effect that the great increase in cancer in modern

civilized countries, is undoubtedly due largely to the kind of food we eat and the commercialized preparation of many of our grains and cereals as well as other foods. He has also stated that undoubtedly the heavy meat diet is to some extent responsible for cancer.

Although Dr. Mayo resorts to the knife in cases of cancer, a procedure we do not recommend, yet he realizes that this thing which he attempts to remove with the knife is produced by wrong eating. This,—despite the fact that he does not attempt to cure by advising right eating.

Undoubtedly he believes such a cure impossible. It is as if a person were to walk a mile in one direction and then wonder how he was to get back to his starting point, when all he would have to do is to turn around and retrace his steps when he would soon find himself at the exact spot from which he began his walk. Many othr physicians and surgeons have hazily recognized that the diet of the patient has something to do with his cancerous condition, but rarely do they make any effort to try to retrace the course of the disease, to make the patient go back along the road which he has traveled. Surely this is not at all an impossible thing to do nor is it so very difficult. It should certainly not be too great a hardship for the cancer patient to drop the diet which has caused his trouble, to eat less meats and more green vegetables and raw fruits, and yet these things are but rarely resorted to, and then only by people who believe in the natural methods of cure. Though whenever these methods are used they never fail to bring about almost immediate relief.

CHAPTER XIV

ULCER OF THE STOMACH

A patient suffering from ulcer of the stomach will be told that he must undergo an operation, and yet very frequently after an operation has been performed, the ulcer returns and then a further operation is advised. In the meantime the patient's general health gradually declines and he becomes either a total or a semi-invalid. Nevertheless, the question never seems to enter the mind either of the physician or the patient to inquire as to the cause of the ulcerated condition of the stomach. It seems to be an accepted fact that if an ulcer exists, it must be surgically removed and no questions asked.

If the history of an ulcer case is gone into, however, it will be invariably discovered that the afflicted individual has been a great eater of meat, fish, chicken or eggs, or if the ulcer is in the duodenum, or intestine, it may also be due to a chronic constipation, which in turn is due to an excessive starchy diet.

In every case of ulcer of the stomach or other parts of the digestive tract where a diet was instituted, consisting of raw fruits, raw green vegetables, and after a while, cooked vegetables of the juicier type, also milk with a slight amount of whole wheat bread, the condition has been almost immediately arrested, and in time completely cured. The raw fruit and raw vegetable diet, succeed in effecting a cure very rapidly, often in from three to six months, and in no case is the ulcer bothersome after the first two months of this diet.

When the worst evidences of this ailment have declined or disappeared, the cooked vegetable, milk and whole wheat bread diet, can be added to the raw fruit and raw vegetable

diet. But the patient should never overeat even of these foods, as in all ulcerated conditions the digestive organs are very weak, and overloading them even with curative foods, tends to prolong the cure.

CHAPTER XV

THE LIVER

The liver is the largest gland in the body, and normally weighs about four or five pounds. It secretes a fluid known as bile, which is used for a double purpose by the body. One of these purposes is to aid in digesting fats in the small intestine. It also acts upon starches, helping to turn them into a form of sugar which can be assimilated by the blood.

A quantity of sugar is always retained in the liver as a reserve fund, which is portioned out to the body in such quantities as are required. The other function of the bile is to neutralize poisons in the blood, and also in the food material which may be present in the digestive tract.

When the liver is said to be "out of order," it may be a case of overwork, where too much of the bile has been poured out and has flooded the digestive system, or else it is a case of underwork. This may be due to the eating of constipating foods which produce a lethargic condition, first in the stomach, then in the small intestine, then in the large bowel, and in this way affect the liver sympathetically. The liver is further affected by the loading of the blood stream with impurities which is also a result of constipation.

Frequently, the liver is torpid following a period of overwork. It is attempting to rest and recuperate from its labors. If food is eaten in great quantities at such a time, the liver does not react quickly enough to aid properly in its digestion. The result is a feeling of torpidity, often mixed with a growing discomfort in the center of the abdomen.

Finally, it may be said that liver trouble is a digestive

ailment produced by wrong diet and lack of exercise, as well as by overeating. If it were not for these causes the liver would never be forced to overwork and then rest after such overwork. Neither would it become torpid because of a sluggishly acting bowel or an impure blood stream.

Alcohol is a great irritant of the liver and in many cases, actually causes cirrhosis, which is a very serious condition causing hardening and enlargement of this most necessary organ.

There is only one cure for liver trouble, and that must be evident when we know the cause. Proper diet and general right living, will soon bring the liver back to normal, except in cases of cirrhosis, where a year of correct living may be necessary before a cure can be accomplished.

CHAPTER XVI

GALLSTONES

What They Are

Gallstones are deposits of mineral salts which form frequently after an attack of typhoid fever, or some other acute disease. They are much more common in older people than in younger, and old women who are overweight are the most frequent victims of all.

The presence of gallstones may be entirely painless in the beginning, but little by little they become painful, and in advanced cases cause greatest agony. For these pains, the medical men usually advise the use of morphine. The only effect of morphine or any other drug, upon this condition is the temporary relief of pain, but has absolutely no effect upon the stone itself.

Relief and Cure

The only way that a method of relief and cure may be discovered is by tracing the salt deposits back to their origin. By removing the cause and utilizing the natural curative powers of the blood, the stones may be dissolved and reabsorbed into the blood stream, or passed out through the small intestine into the bowel, and thus out of the body.

The formation of stones in any part of the body always begins with an inflammation in the region where the stones are formed. In the case of gallstones, the inflammation may have been caused, according to some authorities, by the presence of certain germs, such as the typhoid germ. It is much more likely, however, that it is produced by foreign material which made its way into the gall bladder from the blood stream.

Following the attack of any acute disease, the body is of course weakened and every organ, including the gall-bladder, has had more than its share of work in nature's effort to accomplish a cure. The overwork of some of these organs, when the disease has not been handled by natural methods, may tend to bring on an inflammation. This inflamed condition continues as long as the patient continues to lead an unnatural life and becomes chronic if wrong habits of life are continued.

Nature tries to alleviate this inflamed condition by rushing great quantities of blood there, but as the blood receives insufficient aid from the food eaten by the patient, its healing powers are diminished. In such a condition, various salts leave the blood and remain in the vicinity of the inflammation. These salts are used to wall in the cause of the inflammation and keep it from spreading further, as the impoverished blood has not the power to cure.

As time goes on and the blood still remains in its poor condition and the inflammation continues unchecked, the deposits of these salts are increased. Stones are sometimes formed as large as a hen's egg, completely filling up the gall bladder and choking off the duct which enters into the duodenum. When this common duct is shut off by the stones, bile cannot flow, either from the liver or gall bladder to aid in the digestive process. This forces the bile back into the blood-stream.

The pains at this time become fearful, and yet all this is only an effort on the part of the body to call the attention of the brain to the internal disorder. Pain is only a notification that something is wrong. To stifle the pain with morphine is only to postpone the issue, and eventually to make matters worse.

Surgery Worse Than Useless

To operate on the gall bladder is not only dangerous but does not cure, because the inflammation remains and is as a rule increased by the cutting, although there will

be less pain until new stones are formed. There is also real danger of the operation terminating fatally.

The proper thing to do in a case of gall stones, is to purify the blood so that it can do its work properly.

A fruit diet which thoroughly purifies the blood will enable it to gradually dissolve the stones, as well as heal the original inflammation which brought on the formation of the stones. It is useless to attempt to treat the stones directly, as there is no medicine which can enter into the gall bladder, or can have any effect upon the stones, as most physicians will admit. A strong, robust body and a clear blood stream will soon return the salts which form the stones back to the blood from which they came.

An acid blood stream causes inflammation and disease. A neutralized blood stream cures disease, and relieves inflammation. No matter how much the gall stone sufferer may strive for a cure in any other direction, he will not find it. The specialized fruit diet, advised in these pages, will soon bring relief through a neutralized blood-stream, and ultimately, correct living will accomplish a cure.

CHAPTER XVII

DIABETES

What It Is

Diabetes is a condition of the body which results from the inability of the pancreas to produce a sufficient amount of their normal product for the proper assimilation of starches and sugar by the blood.

When an excessive amount of starches is consumed over a long period of time, this valuable organ may be so overworked as to become exhausted. This exhaustion prevents the proper secretion of insulin, which is one of the elements used by the body in the changing of ordinary sugar into such form as the blood can readily make use of. When this sugar remains in unusable form in the blood, it interferes with the nourishment of the tissues and in this way the entire body is disorganized.

The present method of handling diabetes by injecting insulin extracted from the pancreas of a pig into the human body, is ineffective in the long run, and must inevitably cause far more harm than good.

The Cure

For those who really seek a cure for this malady, the fruit fast as advised in these pages, should be adhered to for several weeks, until every trace of sugar in the blood and urine has disappeared.

The fruit and nut diet should then be followed for several days. This should be followed by a generally correct diet, such as is outlined in the article on diet.

The diabetic sufferer should, however, eat very little bread or potatoes, and should avoid sweet dried fruits for some months at least.

The diet advised here, combined with proper exercise

and general right living, will unquestionably accomplish a cure of this dread ailment in from one to six months.

At present, approximately one-tenth of the deaths in this country are due to diabetes. Natural treatment, however, is certain to cure if persisted in.

CHAPTER XVIII

GASES — GASTRITIS

Gases

Gas may evidence itself either in the bowel, in the stomach or in the intestine. In the bowel, it may be an uncomfortable but a painless condition. In the stomach it may cause belching, and even vomiting, and of course may produce heart-burn, and pains of various kinds. In the intestine, it may set up a griping, painful, or a nauseating condition. It will sometimes stir up the fluids in the digestive system and it will seem as though water can be heard moving about in the stomach or intestine.

Wherever, and however, it may manifest itself, the cause is always produced by the excessive fermentation of foods in the stomach, or intestine, or of waste material rotting in the bowel. The only way to overcome this condition is to eat less of the pasty products of grains, which are the greatest offenders in this respect. By slowing up the eliminative process through clogging the small intestine and bowel, they tend to bring on constipation. This, in turn, causes the production of gases which may then arise not only from the constipating foods, but also from other foods, or from waste material that may be in the eliminative tract.

Amongst the largest direct gas producers are beans, peas, lentils, pastries, cakes, puddings, white bread, and white rice. Preserved meats, which are very difficult and slow of digestion, also tend to produce gases. This uncomfortable condition may sometimes become so acute that there will be pains which will be felt not only in the abdominal region, but also in the chest, sides, back and groin. It may also give rise to an almost continuous

belching, and to the emission at all times of gases directly from the bowel.

While following a natural cure, the patient should not give way to his condition and permit himself to become offensive to all those around him. He should instead, do his best to control himself, as giving way to this condition, only helps to make it worse and prolong it. In this case, the patient must fight to hold back these gases, which the body will resolve back into acids, and other materials and which will then be normally eliminated through the bowels and other channels.

It may be argued that it is best to give way to this condition and permit the gases to escape, but the only result of such action is to quicken the production of further gases from the acid accumulations in the body. Especially if the patient continues on a wrong diet, nothing will be gained as he will continue to produce more acids with every meal. It is a question of whether it is best for an individual to demean himself in the eyes of others, as well as in his own eyes, or to fight and overcome this condition by normal diet, exercise and so forth, and in the meantime hiding the condition from those around him. The harm that suppression will do in this case is utterly negligible, and unless the individual desires to mentally exaggerate it, the extent of the harm need not be considered.

In many cases where gas has been freely eliminated, piles—hemorrhoids—have been produced. The production of gases has also been increased to such an extent, that no matter what foods were eaten, gases were produced and eliminated almost constantly.

Gastritis

This is a more, or less, acute inflammation of the lining of the stomach, brought about by long continued indigestion. The acids that are formed from the fermented foods in the stomach of the victim of indigestion are directly responsible for this inflamed condition, which causes pains, vomiting and a general weakening of the entire body. It

is also a preliminary stage to an ulcerated condition of the stomach, to which it inevitably leads if it is not cured in time. It may be necessary for one suffering from this aggravated condition of stomach trouble to go on a fast, or at least on a fruit diet, for a while. A cure is easily had, though four or five months may be necessary before the stomach is thoroughly healed and returns to its natural vigor.

CHAPTER XIX

CONSTIPATION

Constipation is so widespread that few modern civilized people can be said to be entirely free from it. It may best be described as a condition of the body in which the bowel does not eliminate easily and naturally, at least once a day. Two or three eliminations are more nearly natural and healthful than only one. It is known as—

PEOPLE DISLIKE TO ADMIT THEY'RE CONSTIPATED

Many people would hastily deny that they suffer from constipation, who nevertheless are victims of a serious type of this disorder. It exhibits itself in many and various forms. An individual suffering from catarrh may be sure that he also suffers from constipation, even though the bowels eliminate more than once a day. Likewise the victims of many other ailments are, in reality only the victims of constipation. It may indeed be asked, "How can a person who eliminates once a day be considered a victim of constipation?" The answer is, that in many people, the bowel is continually packed with waste material only the last part of which is evacuated each day.

In such people, the bowel has grown so inured to its condition that it continues its partial evacuations almost without protest, although the victim of such a condition will always suffer from various minor ailments of which he may hardly be aware. Such a person may feel sluggish all day, and will consider the sluggishness a natural and normal thing; rarely trying to do anything about it, except to swallow an occasional dose of salts, or some other purgative.

As a result of his constipation he may for instance be troubled with gas, yet hardly take notice of it, or with indigestion, "heart-burn," sore-throat, tonsil or adenoid trouble, kidney trouble or high blood pressure, etc. Still it may never occur to him that these troubles have any relationship to the "lazy" condition of the bowel.

Constipation in Children

Children very often can live on a diet which might be extremely constipating in a grown person, and yet rarely suffer from constipation. The most robust of children who are forced to live on an unnatural diet, will suffer in various ways as a result, even though daily elimination may be fair, or even apparently good. It will always be found that when children are truly healthy, they eliminate twice a day, and very easily and thoroughly. Such children are great consumers of raw fruits and vegetables. Otherwise such a healthful condition could not exist.

Children are blessed with a much more lively internal apparatus to begin with. Again, their tremendous activity in play, their keen enjoyment of life, their lack of responsibility, and the fresh air that they usually enjoy to a far greater extent than grown-ups, is largely responsible for the superior condition of their organs of digestion and elimination. Yet even in children the curse of constipation is very frequent, with all its attendant ills.

It might almost be said that the cause of nearly all the ailments of childhood is this condition of constipation. For whether it is a child or a grown-up,—white bread, white rice, pearled barley, the light varieties of rye bread, denatured corn meal, denatured grains and cereals in general, are bound to produce constipation to some degree. This will in turn produce almost any other wrong condition of the body.

Cellulose, Nature's Laxative

The reason why denatured grains and cereals, are the largest cause of constipation is due to the fact that the natural eliminative elements have been removed from

them, and this is also why they are known as denatured. It appears that nature has provided all growing things, whether they are grains, cereals, fruits or vegetables, with an element known as cellulose.

This substance as a rule, forms the bulk of all foods in their natural state. It is a spongy, porous material which acts in the stomach and intestines, of both animals and human beings, as a stimulant towards movement. It forces the digestive organs to work by its very bulk, also by the fact that it holds its own water, or when eaten dry, absorbs water from the stomach and swells up into a soft, mushy pulp which cannot be assimilated but which only can be passed on from the stomach to the small intestine, —and from the small intestine to the large intestine, or bowel,—and eliminated by the bowel from the body.

In this process, it sweeps along with it all other waste material that may be in the digestive organs at the time. For these long muscular bags and tubes, can only act properly on bulk contents, and this forming of bulk is the value of cellulose. When this bulk is not assimilable and therefore does not melt from the intestine into the blood stream but insists on remaining intact. When at the same time this bulk is water soaked but fairly firm,—the intestines are forced to move it along in their effort to gain nourishment from other materials that may be combined with the cellulose, or that may be found in the stomach at the same time with it.

Apples and Other Fruits

HOW THEY ARE ACTED ON BY THE BODY.

As an illustration, suppose a person should eat an apple which is after all only a combination of cells in which there is a slight amount of sugar, a great deal of water and a small percentage of mineral elements. The apple would be acted upon by the stomach and prepared for its real digestion, which must take place in the small intestine. This process would take only a little more than an hour. The apple would then be pushed into the small intestine, which would make every effort to take the sugar and the

mineral elements out of the cells, or cellulose as it is called, and to place them in the blood stream. To accomplish this fully, the apple will have been gradually forced through the entire twenty-odd feet of small intestine and would finally have reached the large intestine, or bowel.

By this time there would be little nourishment left in the apple, but the bowel would nevertheless find this soft, spongy mass shoved into it and more of it coming along all the time. The large intestine would then be forced to move this along further and further through the entire five feet of its length.

All this time the apple will hardly have shrunk in size, having lost only a small percentage of its original bulk, which small percentage has been turned into elements carried by blood. The rest of it has gone through the digestive system, stimulating a healthful activity all the way through, and now finds itself at, or near the end of the large intestine where it stimulates final elimination.

Whole Wheat and Bran

DIGESTION AND ELIMINATION STIMULATED. Now let us observe what happens to the grains of whole wheat that have been ground up to whole wheat flour baked into bread and then eaten. It first passes down through the esophagus and enters the stomach. These grains of wheat are highly concentrated food products containing every element of nourishment that the body requires. Near the center of the kernel we find a white, starchy product. Outside of this white, starchy part and also mixed with it, there are both fatty and fleshy materials known as hydro-carbon (or fat), and protein (or the meaty part) of the wheat. Aside from these nourishing factors, there are practically all the mineral salts out of which the teeth, bones and much other tissue of the body is either entirely, or partly constructed. With these mineral elements there is the cellulose in which the whole grain is enclosed. This outer part of the wheat which contains all these valuable elements, is commonly known under the name of bran.

When the kernel of wheat begins its course through the digestive system, the small intestine as in the case of the apple, sets to work to extract the nourishment from the midst of the cellulose in which the nourishing elements are found. The pancreatic, and intestinal juices, are poured forth and the starch of the wheat is changed into a form of sugar which can readily enter the blood stream. Other nutritive elements in the wheat have been likewise changed into a readily assimilable form both by the stomach and the small intestine.

During this process the intestine slowly shoves this material along, gradually taking from the bulk of the cellulose whatever nutriment may be required at the time. Meanwhile the cellulose serves to hold the walls of the intestine apart so that it can normally do its work of assimilation. At the same time, in order that all parts of the small intestine shall get their share of the work and of the nourishment, the cellulose is slowly pushed along until it reaches the bowel and there it continues to make its way until it finally leaves the body.

Starches Paste Up the Intestines

On the other hand, when the outside of the wheat is removed in the process of milling, and only the starchy inside is left and this is made into white bread, pleasing perhaps to the eye,—or a wondrous white cake or pastry,—or spaghetti or macaroni,—or other white flour products,—the body acts on them in the following manner. First of all, white flour is a pasty material, which immediately proceeds to choke up the stomach, which does its best to get rid of it by forcing it into the small intestine; this in turn tries to force it along into the large intestine; it is a slow process, however, because there is no spongy bulk to separate the walls of the stomach or intestine, while the digestive process is going on. The result is practically a collapse of the walls of the stomach and of the small intestine; there is not enough bulk to hold their walls apart, there is no rough but pleasant work for them to do, there is only the job of turning the white flour into sugar

and this is done in a slow and slimy manner, because the normal and natural stimulation is lacking.

There is little protein to prepare, little fat to separate from the starch, there are no mineral salts to stimulate the process of blood making, and there is no cellulose to force this pasty, starchy, mass along. There is only the long, slow work of absorbing the starch into the blood stream, an irritating and thankless proposition. Sooner or later, this brings about a low-grade, chronic inflammation of the stomach, which evidences itself in a chronic catarrh or some other acute, or chronic, malady.

The Colon Receives Poisons Directly From the Blood

The torpid eliminative condition produced by the denatured starches, is further complicated by the fact that approximately fifty percent of the contents of the large bowel does not come from the small intestine at all, but instead is directly received from the blood, which throws waste material from all over the body directly into it.

This material consists of dead germs, dead blood cells and other dead cells and parts of cells. This rotting, and poisonous mass has little power to stimulate the large intestine into activity, especially when it contains pasty material taken from the starch filled digestive tract. There is little or no cellulose here to stimulate the bowels into moving and working, or to hold its walls apart. The bowel tends to adhere to this sticky, poisonous mass, and it is only with the greatest difficulty that it is finally eliminated from the system. Before it is eliminated however, it succeeds in poisoning the blood stream, thus bringing about numerous ailments. It must be understood that about five percent of the nourishment of the body is derived directly from the contents of the larger bowel.

Here the last bit of nourishment is sucked into the blood stream by the millions of lacteals, or hungry little mouths, that line the large intestine. While these lacteals are searching for food, they find instead, a rotting mass which momentarily grows more and more putrid and they are forced to suck up some of this putrescence and distrib-

ute it through the body. A part of this poisonous material is flung into the lungs, where it is burned up and exhaled through the nose and mouth, in the form of carbon-dioxide. Some of this poison finds its way into the kidneys and from the kidneys into the bladder, from which it is eliminated in the urine. Some finds its way into the skin which throws it out through the pores.

When too much of this poison is eliminated by the lungs, all forms of nose and throat trouble, bronchial trouble and even lung trouble are produced. When an unusual amount of it is forced out by the kidneys through the bladder, both the kidneys, the bladder and urinary passages are injured. In this way, many forms of kidney and bladder trouble, as well as rheumatic and other uric acid ailments, are brought about.

Boils and Skin Trouble Produced by Constipation

When an excessive amount of this poisonous material is thrown into the skin, boils are produced as well as skin troubles, of every variety, including eczema, acne, psoriasis, etc. Even cancer and various forms of ulcers can be traced back to this great parent trouble—constipation. It has been truly said that constipation is the mother of all disease. By clogging the bowel we pollute and clog the blood stream. The blood stream is the river of life from which both the body and the brain are nourished. To pollute the blood stream is to injure the mind and body.

Denatured grains and cereals, and other denatured foods, from which cellulose, the greatest eliminative factor is removed, are in essence poisons, and not foods. While they contain some nourishing factors they lack the mineral elements and the vitamins, that are essential to the true nourishment of the tissues and to the proper makeup of the blood.

Above all they lack cellulose, that necessary factor without which real assimilation is impossible. Without it, the body cannot be kept clean and free of disease. This factor is the essence of elimination as well as of assimilation. What good is a furnace which burns fuel, but from

which the ashes cannot be removed? What good is that fuel which produces so much smoke as to clog the chimney and cause it to catch fire?

Food must be both eliminative, as well as assimilative, and it must be both in the degree that nature has meant it to be. In other words, foods must as nearly as possible be eaten in their natural state. When an article becomes so unnatural, or so refined that it is constipating, it should cease to be regarded as a food, and should be avoided as we would avoid the disease which it causes.

CHAPTER XX

INTERNAL BATH

The internal bath is a method of washing the bowel to rid it of waste material. It can be taken in many ways. Varied apparatus has been invented for use in taking this bath. The commonest of all and the most readily accessible, is the ordinary fountain syringe which will be found in most bathrooms.

If the syringe is filled with about two quarts of warm water, ranging from ninety-five to one hundred degrees Fahrenheit, and the water is then permitted to enter the bowel slowly while sitting in an upright position, a fairly good internal cleansing can be accomplished. As much water should be permitted to enter the bowel as possible, and retained for two or three minutes, or even five minutes.

The left hand should be used in rubbing the abdomen in a sort of circular motion, beginning at the left side where the bowel ends and rubbing up slightly above the navel, then moving over to the right side and pressing down towards the hip where the appendix is located. The massage should be continued in this direction, at first for about one minute. It should then be reversed. Instead of moving the hand from left to right, the hand should begin at the right and gradually move up and over towards the left and then press down and inward near the groin. The massage should not be too vigorous.

If only a small amount of water can be retained at one time, then no attempt should be made to hold a large amount. In such a case, however, the entire contents of the bowel will rarely be eliminated at once. Therefore, this process should be repeated two or three times and though a small amount of water is held, the effort should be made to retain it for two or three minutes at a time.

In this method of internal bathing, from one to two quarts of water at a temperature of about one hundred degrees, is permitted to enter the bowel while in position 1. A blanket or pillow is then placed under the buttocks,



Position 1.

as shown in Figure 2, in which the patient remains for the stipulated time. The abdomen is gently massaged



Position 2.

while lying in this position. At the end of the period, it should be possible to empty the bowel completely.

This is an excellent method of internal bathing when one can find the time and space necessary, and is sufficiently careful to do it properly.

This method as well as all deep enemas, has the failing however, of tending to enlarge the bowel. Therefore, it should be taken only in emergencies.

Another method of taking an internal bath is to lie on the left side and inject the water into the rectum while in this position. The right hand should be used in this case to help the water rise up through the left side and to bring it around to the right side and then down to the

the beginning of the ascending colon.

In other words, the massage is repeated exactly as before but the patient lies on the left side instead of sitting upright. As soon as the water has been brought around to the right side, the patient should turn and lie on his right side and use the left hand to massage the abdomen, this time massaging from right to left. Sometimes, a very small amount of water held for about five minutes while lying in these positions will suffice if the body is gently stimulated by massage during this time.

This maneuver however, may have to be repeated two or three times to get all the waste material out of the bowel. The first time, five minutes should be taken, the second time, about three minutes, and the third time about two or three minutes. Occasionally, a single application of warm water, especially when an entire quart is used, may be sufficient to eliminate, practically, all the waste material and then a second injection of water may be unnecessary.

The **ROSS INTERNAL IRRIGATOR** can be used for this form of enema as well as for all other forms.

The Ross Internal Irrigator is a revelation to all who value a thorough cleansing of the bowel occasionally. It makes the enema, or internal bath, a simple, clean, practical affair, instead of a disgusting process.

Its very appearance is an appeal to internal cleanliness. It is made to last for years and pays for itself many times over, in improved health and a better appearance. When the body is clean inside, it looks clean on the outside as well.

It must be remembered that in all real sickness, the quickest and surest relief lies in the immediate emptying of the bowel.

The old time fountain syringe can be found in almost every home. The improved Ross Internal Irrigator should take its place everywhere. Mailed to any address in U. S. and Canada prepaid. Price, \$4.50. Address checks or money orders to Natural Health Assoc., Inc., 152 W. 42 St., New York City.

CHAPTER XXI

FISTULAE—PILES—HEMORRHOIDS

Fistula

There are many forms of fistula, and many parts of the body may be affected, but we shall only treat of rectal fistula in this article.

Wherever a fistula may be found, it takes the form of a narrow duct, or passage, which connects with a deep seated inflammation. In rectal fistula it is a pus-filled passage leading to a larger inflamed region in the bowel. Physicians will usually advise a surgical operation for its removal. Such an operation is unnecessary if a natural cure is resorted to. Both the inflammation, and the pus-filled passage which forms the fistula itself, are brought on by chronic constipation, which causes in turn the inflammation of the bowel and gradually brings about an inflammation so severe that it begins to suppurate, and pus is formed. We need only remember that such a condition can never occur in a clean bowel, to realize what the method of cure must be.

The bowel must be cleansed and kept clean, and the acid nature of its contents must be lessened. In the beginning, warm or hot enemas, or internal irrigation, should be resorted to. These irrigations should be applied in the morning shortly after rising and at night an hour before retiring. They should be continued daily until a decided improvement is apparent. Besides this purely local treatment, the natural bath, exercise and general right living must be followed in order that the entire system might be strengthened and the blood be made strong enough to remove the pus and inflammation from the region of the fistula.

The chief method of cure, however, must be in the matter of diet. A strict eliminative diet must be adhered to. Meat, fish, chicken, eggs, cheese, beans, peas, lentils, white bread, white rice, pearled barley, denatured cereals, all canned foods, medicines, alcohol, tea, and coffee must be completely done away with, for the time being at least. The diet must consist largely of raw fruits, and raw, green vegetables, with a lesser amount of juicy cooked vegetables. A quart of milk may be drunk every day, and from two to five slices of whole wheat bread may be eaten. A handful of nuts, or dried fruits, may be had occasionally. However, every effort must be made to eat meagerly, no matter how thin the body becomes during the process, because the blood must be given little else to do other than absorbing, and then eliminating the poisons that are present in the fistula.

If this advice is strictly followed and the patient manages to get about a great deal in the open air, a cure is certain, though months may be required for its final accomplishment.

Piles and Hemorrhoids are a stagnant conditions of the blood in, or near, the rectum, which usually exhibits itself in the form of small knots, or bunches, of swollen veins. This is brought on by unusual effort at the stool and also by a generally poor circulation of the blood in the rest of the body and, as we have said before, by accumulation of internal gases.

The cause of all these conditions is constipation, which polutes the blood stream by filling it with a lot of poisons, which the blood can handle only with difficulty, and at the same time directly clogging the bowels. The slowness of the circulation, the dryness of the fecal matter which is eventually brought about by constipation, the acid nature of this material, all tend to strain the end muscles of the bowel. This strain brings about a local gathering of the blood for the purpose of assisting the muscle. The continual gathering of blood in this region gradually enlarges the local blood vessels; on the other hand, the weakness of the general circulation keeps this blood from getting

back quickly into the blood stream. Stagnation results; when this stagnation becomes chronic, the veins swell and their walls become very thin so that the slightest irritation or effort at stool, may cause the blood to seep through. The loss of blood tends to weaken the entire body. The constant irritation and the self-consciousness that this ailment often produces in the victim, tend to greatly injure the nerves. A condition of nervousness is often brought about directly through this one cause, although other causes may help to aggravate the nervous condition, at the same time.

The natural bath as described in these pages is a great aid towards the cure of this ailment. The application of a cold pack to the rectum will also be found very beneficial. These baths, and cold packs, should not be overdone. The bath, for instance, should be taken for a few minutes only, and the region of the rectum should be rubbed vigorously during this bath no matter how painful it may be. The cold pack can be applied, and left on for two hours at a time once a day, or the patient can apply this pack before going to sleep and leave it on all night. This should not be continued for more than two or three nights in succession. One or two nights should be permitted to pass before this treatment is resumed. If after two or three weeks no improvement is discovered, the cold packs should be discontinued. The only real cure for hemorrhoids and piles is to cure the condition of constipation which causes them.

In the article on constipation which will be found in another part of this volume, the entire subject is thoroughly treated. If the hemorrhoidal patient should desire a quick and certain cure, this can be accomplished either by a fast of from seven to fourteen days duration, or by a fruit fast lasting from two weeks to two months.

CHAPTER XXII

RHEUMATISM

(Arthritis, Neuritis, Neuralgia, Lumbago, etc.)

Rheumatism is a painful condition that may affect any part of the body, or practically every part of the body at the same time. Usually, however, the name is associated with pains in the legs, arms or back. Many other names have been given to these pains. For instance in the upper leg, this condition is often called sciatica. When these pains affect the arms or shoulders or chest, they are usually called neuritis, though true neuritis more often affects the legs. In the jaw, these pains are known as neuralgia, near the small of the back, lumbago; in the joints, arthritis; in the feet, gout, etc. In the present article we shall call all these conditions by the one name,—rheumatism.

Wherever we may find this ailment, the cause is the same, it is due to an excess of acid in the system, chiefly of uric acid. It is only necessary to know the cause of any condition in order to know how to remove it. In this case the cause is very clear and obvious. The excess of uric and other acids in the system is due to a diet that is heavy with animal proteins. Meat, fish, chicken, eggs and cheese, particularly the first four, are urea forming foods. Urea is resolved into uric acid. There are also other acids similar to uric acid formed from these foods, and when great quantities of them are consumed, an acid condition is gradually created in the body. This acid condition may be localized and held to one part of the body, while the rest is comparatively free of acid. The body is always defending itself against the invasion of poisons of every kind, and it is as a rule only the weakest part that gives way first. Though at times the part which is busiest

with the effort of eliminatng the poisons, is first affected by them.

For present purposes, it is enough to know that rheumatism is an acid disease, and that practically all modern authorities are agreed that this is so. When we also realize that the animal proteins are the largest acid makers of all the foods we eat, we are nearing a solution of our problem, i.e., "What is the cause and what is the cure of rheumatism?"

The Acid Making Foods

Many a physician who has recognized the acid nature of the various forms of rheumatism, has warned his patient against the use of red meats, evidently looking upon red meats, as an acid producer. If the same doctor had taken the trouble to look into any modern physiology, he would have found that all proteins are simply a combination of amino-acids. That as soon as meat, fish, chicken or eggs enter the body, the process of turning them into acid chyle begins, and that two or three hours later they are completely reduced to this form of acid, even in the healthiest stomach.

In fact, blood cannot be made out of these foods until this has been done. Now there is nothing very deadly about acid chyle, or even about uric acid itself. Rheumatism is not really a matter of acid in the system, but of too much acid. A certain amount of uric acid is in fact essential to the body in order that the muscles shall be properly stimulated to their necessary activity. But the slight amount of acid needed for this purpose, is ever present in the body and there is never any need for adding more, through any special diet.

On the other hand we need to exercise care, to prevent an excessive amount of acid gathering, or forming in the body.

Though it is true that red meat is an acid maker, it is likewise just as true that veal is an acid maker, also pork and lamb and all varieties of fish, including shell fish.

Poultry of all kinds and their eggs, belong to the same category.

All of these foods belong to the family of animal proteins, and while some of them are slightly better, or slightly worse, in the matter of acid production, yet on the whole they are practically alike. And if a rheumatic patient is to avoid red meat, he must avoid every other kind of meat whether of fish, flesh or fowl,—or the egg of a fowl. The egg is after all only the unborn fowl and is made of the same material as the fowl which has been hatched out of the egg.

Cheese, (especially the older and more fermented types,) also tends to aggravate an acid condition of the body. Though a fresh, white cheese such as cottage cheese or pure cream cheese or in fact any fresh white cheese, is comparatively harmless, especially when eaten sparingly.

It would appear to all sensible people that once knowing the cause of rheumatism to be the excessive formation of acids in the system, everybody would immediately agree on the cure. This should be particularly true of every honest medical practitioner who specializes in this field. This is however, far from being the case, and the chief reason for this is because the average doctor has made hardly any study of the diet question.

In fact, it is only within the last ten years that any attention has been paid to diet, even in our best medical schools. As this is a new subject with them, they have not as yet a thorough comprehension of every side of this great but simple subject. That is, it is simple when it is once understood. Still it is very difficult for the beginner to grasp each separate part of it, to keep each in its separate place and yet see the subject as one unified whole.

For this reason, many doctors will tell the rheumatic patient not to eat red meat but to eat other kinds of meat, which are made of practically the same materials with the exception of the material which gives the red color. In plain words, the only chemical difference between the red meat and the white meat is in the pigment, or color,

and there is no difference whatever in their effect upon the patient unless it is a psychology difference. Even worse however, than this mistaken view of the doctors is the advice indulged in by many of them, to the effect,—that all acid foods must be cut out of the diet. This is usually followed by the statement that lemons, oranges, grape-fruit, tomatoes, cucumbers and other vegetables are acid foods and must be strictly left out by the patient.

Are Lemons Acid?

The trouble with this advice is that it seems so plausible to most people. A lemon is sour, therefore it is easy to understand that it is also an acid. To a lesser extent, the grape-fruit, the orange, the cucumber, etc., seems logically to belong to the acid group. Not only would the average layman be deceived, but the practiced chemist knows that when a lemon, or an orange, is squeezed on a piece of litmus paper in the laboratory, the paper turns pink, which means that the reaction is acid. What the chemist forgets, and what the layman and the doctor fail to realize, is that the human stomach is a laboratory of its own, changing food of every kind into blood and the blood into bone and tissue.

When a food enters the stomach, its quality may change from an acid into a non-acid and from a non-acid to an acid. A salt entering the stomach can be neutralized or can turn into an acid. An acid entering the stomach can be neutralized or turned into a salt,—or it can remain an acid,—or can even turn the contents of the stomach as a whole, into a neutral or alkaline, condition.

The question that we have to consider is not what the lemon, etc., is outside of the body, but what it is and does, inside the body. Luckily these things are very well known today and are easily and quickly proven. What we know about the lemon and all other so-called acid fruits and vegetables, is that their acidity ceases as soon as they enter the body. So far from creating acid in the system, they help to neutralize any acids that are present in the body at the time. They tend to form a neutral or even an

alkaline condition in the stomach and they are directly and immediately helpful, in dissolving and diluting uric and other acids in the system and in helping to drive them out of the body.

Instead of being the aggravators of a rheumatic condition, they are Nature's surest agents for the relief and ultimate cure, of this condition.

The fact that many doctors have not yet recognized this truth is because they have heard that the lemon, for instance, is an acid fruit. They have therefore reasoned that, as rheumatism is an acid condition, the removal of lemons from the diet would help to cure it. They have failed to recognize two important facts in this relation. One—as we have already explained, that the lemon and all other so-called acid fruits and vegetables are alkaline, or neutral, in the stomach, and are solvents and neutralizers of the acid condition of the stomach, or blood.

The other side of this question that they have not taken into account, is that never, since the first case of rheumatism was known to mankind, has there been a human being who ate plentifully of raw, fresh fruits, particularly lemons, oranges, grape-fruit, etc., who suffered from rheumatism. Furthermore, there never was a case of rheumatism where the sufferer was not a plentiful eater of meat, or fish, or chicken, or eggs, or cheese, or of all these food combined.

Wine, and alcoholic drinks in general, have also played a part in causing rheumatism. Alcohol destroys tissue and directly produces acids. Secondly, the strength of the body is used up in its efforts to rid itself of the alcohol. The exhausted body is therefore unable to throw off the excess acids that are normally formed in the system. Coffee and tea also help to aggravate a rheumatic condition, by causing the break-down of many of the cells of the body; and these broken down cells are turned into acids which gradually accumulate in the system.

Were it not for the fact that the body as a whole is continually laboring, beyond its normal capacity, to throw off these poisons through the bladder, the skin, the bowel, the hair and so forth, the entire body would soon be con-

sumed with acids, due to the generally wrong diet of the average person today.

An active, physical worker, especially one who works in the open air, can resist the excessive formation of acids in his body for a long time.

The man or woman, however, of sedentary occupation, leading a comparatively inactive life, and living on rich foods, must beware of the acid forming foods. Their lungs and other organs, do not work rapidly enough to expel all the acid produced from these foods. Nor do they perspire enough, nor eliminate sufficiently in other respects, to enable them to take care of these excess acids.

Rheumatic Medicines

For thousands of years, people have dosed themselves for rheumatism in countless ways. Millions of remedies have been devised for its cure or relief, and many of these remedies, especially the more modern ones, actually succeed in affording some relief, at least for a while. This relief is usually accomplished by paralyzing the sensory nerves, so while the acid remains in the body the nerves are unable to tell the brain about it. In this way the trouble continues and grows worse. The patient however, hides this fact from himself by again, and again, poisoning the nerves, whenever they attempt to transmit the message that something is wrong.

Pain is only a message that something is out of order and requires repair. No permanent cure, or benefit, can be derived from stifling this message while the cause of the trouble is permitted to continue. Even if we knew of a medicine, or some artificial method, which would instantly throw all excess uric acid out of the body as soon as it is formed, still whenever we ate the acid making foods we would have a new supply and we would be dependent upon these remedies forever.

It can likewise be easily understood that no remedy, of whatever nature, continues to work long, while the cause of the trouble continues. A medicine which relieves a condition for a while, soon ceases to relieve that condi-

tion and a new medicine must be resorted to. Each new medicine must be a stronger and still more potent one. The power of the body to endure such treatment becomes exhausted. Finally, no medicine works at all, and the patient is left to despair, or dies of the treatment.

To rub a salve or a so-called ointment, or to apply some powerful poisonous plaster, or a substance of any kind to the body, in the hope of drawing out the poison by so doing, is to commit the greatest of follies. There is no medicine capable of drawing poison out of the body; nor will cupping, or electrical methods, succeed in doing so. Any of these methods, in one way or another, succeed only by paralyzing the nerves in the region where they are applied. By such means, a temporary let-up in the activity of these nerves may be had. It may be days or weeks, before they will again protest painfully against the acid bath to which they are subjected.

After any severe attack, whether a medicine is or is not used, there is usually a period of quiet or comparative quiet. During this truce the body's forces may again be gathered in a strenuous effort to expel these poisons through the normal channels.

If these efforts succeed, the local pain may disappear because the acids have been temporarily removed from that region. Or it may be that the body is too weak to protest, and the nerves endure their bath of acid to which they gradually grow accustomed. This continues until a still greater supply of acids enters the region in question, and then there is a new protest, and as a rule a new application of poisons or paralyzing methods, from the outside, and again there is quiet for a while.

It does not matter whether medicine is applied to the outside of the body, whether it is rubbed in vigorously or simply laid on, whether this medicine takes the form of creosote combined with other drugs in a so-called ointment, or a mustard plaster or alcohol, or whether medicines are taken internally, or simply poured into the bath; they are all effective in making the condition worse eventually, by hastening the breakdown of all the powers of the body.

All medicine is poison, of one kind or another, and so the body is forced to fight not only the ordinary food poisons, from which it is already suffering, but also the drug poisons, which are applied for the purpose of fighting the food poisons.

Medical Antidotes

While it is true that poison must sometimes be used for the purpose of fighting poison, yet this is only true in an emergency when some drug-poison has been swallowed. Even in such cases the remedy does not always work. In any case the patient would rarely care to go through a second experience of this kind. Were it to happen again and again, no antidote would be sufficient to save him.

Every time the body is called upon to arbitrate in the struggle between the poison already in the body, and the medicine flung in after it, the arbitrator gets the worst of it. For in this case the battle is conducted inside of the arbitrator and it does not matter who wins,—the scene of the battle is a scene of destruction. Medicine cannot help to cure rheumatism, nor can any other artificial method.

The Natural Cure

There is only one cure and that is to remove the chief cause,—the excessive eating of animal proteins and to substitute those foods which as has been shown, are anti-acid in their effect upon the body, as well as all other foods which are normally healthful and nourishing. It is of course also necessary to exercise and to get plenty of fresh air, in order to stimulate the lungs and the skin and bladder in their efforts to throw off the acids.

Likewise, natural bathing must be resorted to, and the skin must be rubbed vigorously during this bath in order to stimulate it in its work. In other words, a more natural life must be led, at least for a while. Later, if the patient desires, some of the animal proteins can be re-introduced

into the diet, but must always be eaten rather sparingly to avoid a recurrence of the rheumatic condition.

New Medical Discoveries

It must not be forgotten, that for thousands of years people have been trying to discover a remedy for rheumatism, while continuing to live on the acid making foods, and that thus far there are thousands of alleged remedies but not a single cure. Let not the poor sufferer from this condition be misled by the promises of any wonderful cures in a bottle, or a package of any kind, or through any electrical methods, or marvelous baths, or some wonder-working salve, or ointment, or any so-called "new" and miraculous cures. The world is full of such cures, and each locality has its own special methods. Each doctor has his own inventions, and each day has its new discoveries in this field.

As long, however, as people will continue to lead inactive indoor lives and eat powerful, acid making foods, they will find themselves forever seeking a cure, and forever suffering from acid conditions of all kinds. The natural cure may of course not be so appealing as other so-called "cures," and for the rheumatic sufferer, the flesh-pots may have a tremendous lure. This is only because like the dope fiend, or the alcoholic victim, he longs for the sting of the whip to which he has grown accustomed. Like the drug fiend, he depends upon this poison which has become his stimulant. He must have a shot of his favorite tippie.

Just as the normal loses its appeal to those who have indulged long in the abnormal, so the simpler, more delicate and more wholesome foods lose their flavor to the one who has grown fond of strong meats, and acid making fish, and other such foods. But if there is to be a cure, there must be a revaluation. The sufferer must recognize the cause of his malady, and just as a drunkard would hardly expect to be cured of alcoholism while he continues to drink copiously, so must the rheumatic sufferer realize the nature of the true acid makers, the real cause of his trouble, and avoid them until he loses his desire for them.

He must cultivate the habit of more natural eating, until he has grown used to it and a natural taste and natural appetite, replace the less natural.

The taste for animal foods, especially in great quantities, is a cultivated taste in man. The primeval savage from whom through thousands of generations modern man has descended, lived on fruits of the forest alone, and ate no animal foods whatever. It was only later on in periods of famine, when fruit temporarily failed him, that he killed animals, or even his own fellow human beings, in order to appease his hunger.. He was able to survive on such a diet because he led an outdoors existence.

The meat-eating savage had to be very active at times in order to get food. He also had plenty of time for rest. He was a creature largely of instinct. He worried little and thought even less. The animal food he ate was always absolutely fresh and was eaten without much preparation. The animals he killed were wild, healthy animals and not the weakened and diseased creatures which are slaughtered for human consumption in these days of civilization. Modern man must choose his diet with care, and especially so when he is crippled with rheumatism, must he avoid the diet of the fierce and active warriors who inherited the primeval wilderness.

Rheumatism and Wet Weather

As an afterthought on this question, the rheumatic patient must be warned not to look upon his malady as one caused by wet weather, or by a moist climate, or by moist surroundings of any kind. For although the presence of moisture tends to bring on rheumatic pains, it is only because uric acid seems to have an affinity for moisture, and becomes unusually active when in proximity to water. And so far from the water causing rheumatism, the one place in the world where people bathe more than anywhere else on this earth, namely Tahiti and the South Sea Islands, rheumatism is rarer than elsewhere.

The continuous bathing and swimming in which the natives indulge, and their open air life, tend to dissipate

the uric acid from their systems. If it were not for their desperate, and excessive, drinking which they have learned from the whites who exploit their islands, they would be, as they were in the past before the coming of their European conquerors, practically free from this and all other ailments, which the European has so kindly conferred upon them. Their life, with all its former shortcomings, would nevertheless be again the barbaric paradise that it was.

Rheumatic Baths

In connection with bathing, it must not be forgotten that the most popular cures for rheumatism and kindred ailments, are the various mineral baths throughout the world. These baths are credited with miraculous powers and are frequented by hordes of rheumatic sufferers.

Of course these baths do not cure. Like medicine, they may relieve for a while,—but eventually all ailments treated in this manner are aggravated and made worse. There can be no cure as long as acid-making foods form a large part of the patient's diet.

CHAPTER XXIII

The Bladder and Kidneys

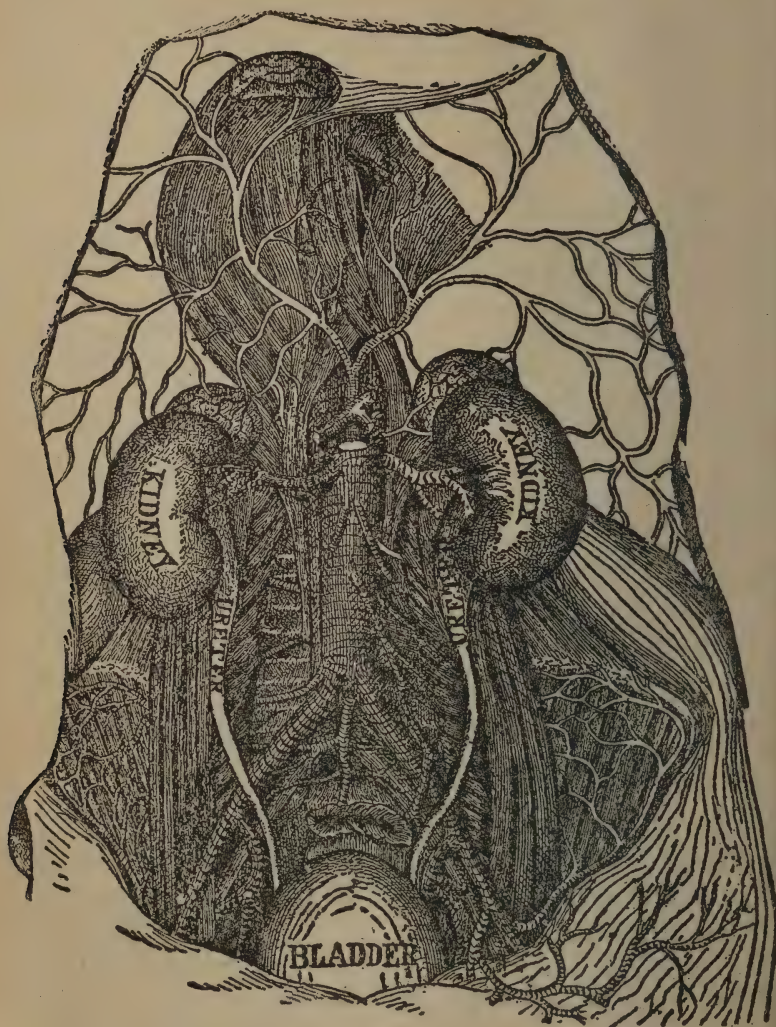
Disease

Disease and weaknesses of the kidney and bladder are so common that it is rare to find a grown man or woman, without some trace of these troubles. The commonest of the venereal ailments is in fact only a form of kidney trouble, although purely local causes may help to bring it into an active state. Not only are adults the victims of these ailments, even infants in arms sometimes suffer from them, while weakness of the bladder is quite common to children.

When we realize that the kidneys are filters, which extract certain poisonous material from the blood, which they eliminate from the body through the bladder, it should not be difficult to understand that these organs may be overworked, that they may be forced to eliminate too much poison, and thus be themselves poisoned in the process. This is exactly what happens. Diseases of the kidneys, and the urinary tract, are due to an excess of poisons in the blood. Certain acids, such as phosphoric, sulphuric and uric acids are chiefly responsible for injury to the kidneys. These acids are largely produced by the eating of too much of the animal proteins.

Whatever may be said for or against the eating of meat, fish, chicken and eggs, and the drinking of coffee and alcoholic beverages, one fact remains. All these overload the kidneys with poisonous material which they are forced to handle, in order to save the rest of the body from being attacked by them. Phosphoric, sulphuric and uric acid, are directly contained in meat and other flesh

foods. The body must make some disposition of these acids, and the kidneys are called upon to do this work.



View of the Kidneys, Ureters and Bladder.

If the body were kept very active and constantly in the open air, the kidneys would be stimulated and aided greatly in their work. At the same time, the lungs and

the skin, would take up a part of the burden of throwing out these poisons, and not leave so much work for the kidneys. As this is rarely the case however, the kidneys do their best to handle this overload and endure it as long as they can, but eventually a more, or less, severe breakdown is produced.

To attempt to treat this condition with medicine, is only to make matters worse, as the kidneys are forced to handle the medicine, in addition to all the other poison that has been thrust into them. The weakening of the kidneys causes a great deal of poisons which should be eliminated by them, to be thrown back again into the blood stream. The blood then attempts to throw these poisons out through the lungs, skin, bowel, and so forth. When this cannot be done, these poisons lodge in various parts of the body, where they are stored up until an opportune moment enables the body to throw them out. The storage of these poisons in various parts of the body results in rheumatism, arthritis, lumbago, neuritis, neuralgia, gout, etc.

There is but one cure for kidney trouble, and its results, and that is a more natural diet, particularly less animal foods, also exercise, long walks, deep breathing, natural bathing, etc. The cure of kidney trouble is not to be accomplished in a day however, it is often a very slow affair. A year or two may even be required before a complete cure is effected, but no fear need be felt of these ailment, so long as a natural life is adhered to.

Nature never fails to cure, where a cure is at all possible. It may also be said that a cure is always possible, except in extreme old age or almost complete devitalization, or where a surgical operation has so interfered with the functioning of certain organs that they have lost the power to act for themselves.

Bright's Disease

Bright's disease has a dread meaning for the majority of people. It is usually looked upon as hopeless, and doctors will often say that there is no cure whatever for this disease. It evidences itself both in acute and chronic forms.

It is in reality an inflammation of the kidneys which impedes and arrests, the secretion of the urine. In very serious cases the blood may be directly poisoned by the urea. The basic cause of Bright's disease is an excessive diet of animal foods, aggravated by frequent colds, also various diseases, such as typhus, tuberculosis, scarlet fever, etc. The drinking of alcohol, coffee, tea,—and the use of medicines, also helps to bring on this affliction.

There should be no fear of this disease being incurable. A diet of raw fruits and light green vegetables, both raw and cooked, will tend to neutralize the poisons which inflame the kidneys and bring about this condition.

The fear, and the hopelessness, that sometimes afflict the sufferer from this ailment, helps greatly to aggravate it and to prevent a cure. For this reason every effort must be made not to worry, and not to exaggerate the so-called seriousness of this affliction. Two or three months of correct living, especially with regard to diet, will make a great difference, and within a year at most, a complete and permanent cure should be accomplished.

Kidney and Bladder Stones

These are deposits of lime salts, that gradually accumulate and form either a small gravel, or sediment, or in more severe cases, an actual stone which may vary from the size of a pea to that of a small nut.

During the formation of the gravel, or stones, there may be very little discomfort and practically no pain. Later on, however, (varying in different individuals) pains arise near the groin and lower back, and become almost unendurable. Physicians will nearly always advise an operation when the pain has reached such a stage. However, a cure may be accomplished without an operation, and it need only take a few days to thoroughly test its possibilities.

The patient should cease to eat all food and should drink great quantities of water in which a little lemon juice has been mixed. The region of the kidney and bladder should be gently massaged by the patient himself, or by a trained masseur. It is best, however, for the patient to

conduct all his treatment, as in this way he is directly striving for a cure, and the consciousness of his own efforts is very helpful. An internal bath should be administered two or three times a day. This will tend to wash all waste material and slime out of the bowel, and thus will stimulate the excretion of waste material from the blood into the bowel.

In most cases, only a few hours will be required to obtain relief. In some cases, however, a day or two may go by, before the pains have subsided to any extent, but the patient must endure the pain to the best of his ability, for relief and a cure are bound to come before long. Cases have been known where the victim of such a condition waited five to six days before a stone was finally ejected.

Even if it took a great deal longer than this it would be worth while waiting, in order to avoid the danger and injury of a surgical operation.

To sum up both the cause and cure of kidney and bladder stones, it is only necessary to read the preceding article on kidney trouble. Inflammation of the kidneys, due to overwork, is responsible for their failure to properly eliminate, or dissolve, the lime salts which form the stones or gravel. The filtering power of the kidneys is greatly weakened by an excessive eating of animal foods, the use of coffee, tea, alcohol and medicines of all kinds. As has already been mentioned in previous articles, practically all medicines must be eliminated by the kidneys, and they are injured by the passage of drugs, a task for which they were never intended by nature.

The reason why water and lemon juice are used for this purpose is because the natural citric acid in a lemon tends to neutralize the unnatural acids in the blood. The water helps to thin the acid filled blood, and so quicken elimination from the kidneys and bladder.

When the first indications of these ailments arrive, a diet of raw fruits, and raw vegetables will give relief, and even accomplish a cure, in a few days or weeks. In an acute condition, however, the water and lemon juice treatment must be resorted to. The following cold-pack

should also be applied. A towel soaked in cold water should be wrapped around the body in the region of the kidneys and bladder, with another wet towel placed under the lower back and reaching between the legs over the pelvic region and up to the abdomen. This will greatly help to relieve internal inflammation by cooling and stimulating the blood. These packs should be applied and left on the body for two hours at a time, and may be applied for four or five two-hour periods each day.

Combined with the methods mentioned at the beginning of this article, some relief should soon be obtained.

Given a fair chance, nature never fails to cure.

CHAPTER XXIV

APPENDICITIS

The Function of the Appendix

If one will examine the position of the appendix in the body, its purpose should soon become apparent. In any chart of the intestines, it will be readily noted that the appendix is placed at the beginning of the large intestine. Right here is the spot where the waste material from the small intestine and the waste material from the blood enters the bowels. A valve is placed here that opens to admit the waste material from the small intestine and to keep the waste material from getting back from the large, into the small intestine. The appendix is placed right outside of this valve known as the illeocecal valve.

The appendix is known as a lymphatic organ. Its work, like the work of all lymph in the body, is to neutralize waste materials in the blood. Surely, at this point in the body there is sufficient waste material to be neutralized, not only directly in the blood, but also in and near, the lining of the bowel into which some poison constantly seeps when a condition of constipation is present. Let it also be understood, that some degree of constipation exists in all who have not, at least, two thorough bowel evacuations each day.

Aside from neutralizing poisons in the blood, the work of the appendix is also considered by many able physicians of the modern school, to consist of aiding in the lubrication of the valve with which it is so closely related. As if to prove the importance and the necessity of the appendix at the very spot where it is located in the body, nature forms new lymphatic tissue there, just as soon as the appendix is forcibly removed by the knife.

It might be argued by some that as long as new lymphatic tissue is formed, it does not matter whether it is removed or not. This reasoning might be very plausible if it were desirable to plunge a knife into the body at every opportunity, just so long as the cut healed up. If it is argued, that as long as death does not result in the majority of cases where the appendix is removed, no great outcry should be made against this removal, the same thing may be said of the removal of an arm, an eye, an ear, or any other part of the body which might be removed without causing immediate death.

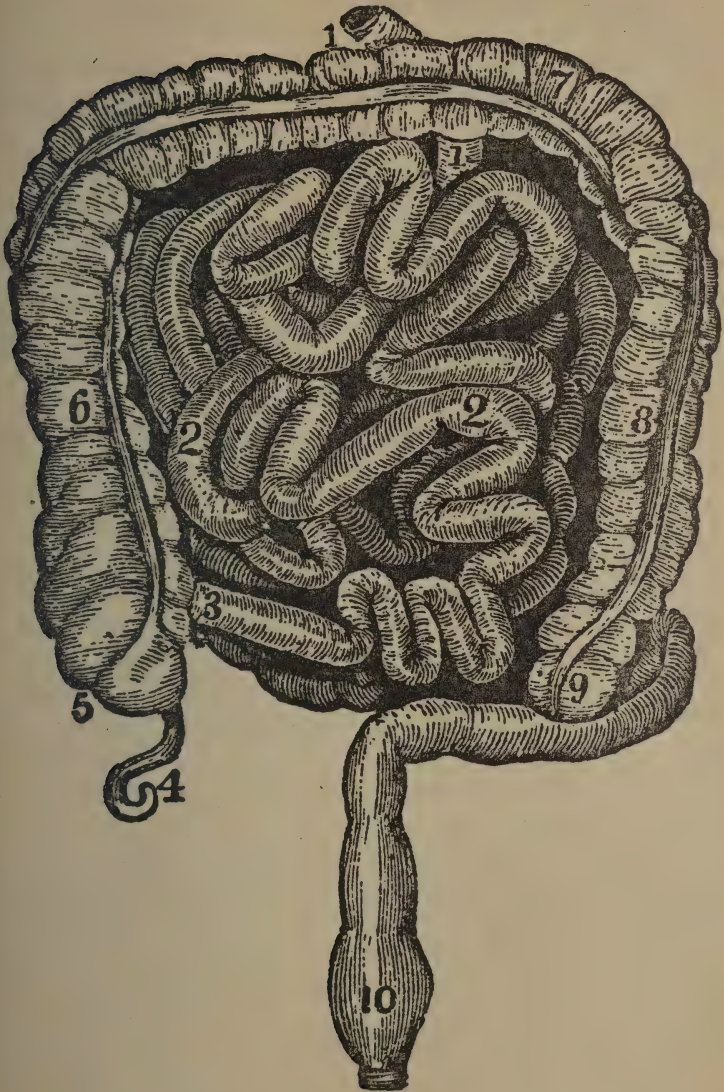
The final argument of those who believe in appendectomy, is that even if an operation is not desirable, it is justified by the fact that it is dangerous to permit this organ to remain once it has begun to ache or pain. If the same reasoning should be applied to all other parts of the body, then rheumatic, or neuritis pains in the legs should cause the legs to be cut off. Lumbago should cause a part of the back to be removed, and a headache should almost certainly call for the removal of the head.

The fact is that an appendicitis operation is only necessary for those who believe in it.

For millions of years the human race had gotten along without such operations, until a Boston physician originated them about thirty-five years ago. Before that time, not a single such operation was performed. Nowadays, over five hundred thousand operations of this kind are performed each year in the United States alone. Will anyone claim that these five hundred thousand and more, who are thus carved up each year would have died without such an operation? Not even the most rabid of surgical enthusiasts would make such a statement in the public prints. It may be said, and it can easily be proven, that just as many people die today as a result of appendicitis operations, as ever died of an inflamed appendix, before these operations were performed.

How to Treat Appendicitis

For those who would like to know of natural methods



Small and large intestines.

1, 1, 2, 2. Small intestine. 3. Its termination in the large intestine.
4. Appendix vermiformis. 5. Caecum. 6. Ascending colon. 7. Transverse colon. 8. Descending colon. 9. Sigmoid flexure of colon.
10. Rectum.

or relief of appendicitis, the following should be recommended.

Plain hot water should be injected into the bowel by means of a fountain syringe, and the entire bowel should be washed clean of all filth. Full directions for the administration of such an enema is given under the article on internal bathing. This hot water washing should be repeated, again and again, until practically all the mucous and slime gathered in the large intestine have been entirely washed out. The region of the appendix which is close to the right hip, should be at first gently massaged with the bare hand which has been dipped in cool water. As the massage begins to take effect, it can be made a little more vigorous but not too much so. A cold, wet, towel should then be applied over the entire abdomen. This towel should be left on for about twenty minutes and then soaked anew in cold water, and again placed over the abdomen. This should be continued for three or four hours, unless some relief is obtained sooner. If some relief is obtained more quickly, the towel should be applied and left on for a full two hours. If relief is not obtained, another enema should be administered after two or three hours.

An effort should be made by the patient to retain from half a pint, to a pint, of warm water in the intestine while lying in bed. This water should be retained if possible for two or three hours.

While the bowel and the abdominal region are being treated in this manner, the entire body should be sponged off with plain cold water, which should be permitted to dry on the body without the use of a towel. Warm water should be drunk by the patient, half a glass at a time at five minute intervals. A lemon squeezed into the water in the proportion of one lemon to every four glasses of water, will prove very beneficial in assisting the water to cool the blood, to neutralize its acidity, and to help to wash waste material from the stomach and small intestine into the bowel. Waste matter, or fermented food, retained in the stomach or small intestine, will delay relief of appendicitis, and may prove very dangerous.

The water, and lemon juice, and the occasional massage of the region of the appendix, will help to remove this danger. From six to twelve glasses of warm water may be drunk in a period that may range from one to two hours. Preciseness in this matter is not very necessary. Either more or less water may be drunk during this time. The patient's wishes should be followed in this case to some extent at least.

Massage of the abdomen should never be continued for more than five, or ten, minutes at a time. If the massage does not soothe the pain a little, while it is being administered, it should be lessened, after one or two attempts, and should only be continued for one or two minutes at a time. One or two massage periods an hour are sufficient in all cases. The best individual to perform this massage is the patient. The feeling that one is doing something to help towards a cure is very beneficial.

While the patient is lying in bed, the body should be either entirely uncovered to the air, or only a light sheet should be used as cover. The windows should be open a little even in the dead of winter. Fresh air is very essential in assisting the body back to health. It is invigorating beyond any other tonic. In many cases of illness, simple exposure of the body to fresh air and sunshine within moderate and sensible limits), has often been found sufficient to completely relieve aches or pains, and to help enormously in bringing about a total cure.

No food whatever, not even a drop of milk, should enter the patient's mouth, and no beverage aside from that outlined above should be swallowed for at least twenty-four hours after the attack first evidences itself. After twenty-four hours have passed and all aches and pains have subsided, or have entirely disappeared, the extreme fruit fast advised in the article on diet in these pages, should be undertaken for at least two days.

The moderate fruit fast should then be followed for one or two more days. The fruit and milk diet should then be used for one or two days. In this latter diet, the milk may be diminished to a total of one quart a day. If

the patient continues to feel well, another quart can be added the second day and a third quart the third day.

By this time, all danger of a recurrence of the attack should be gone and a moderate, sensible diet such as will be found under the Summer Menus, for instance, can then be followed for a week or two. After this, the individual in question should govern himself in the matter of diet by the general dietary laws advised in the article entitled *The Diet Question*.

If the directions that have been outlined for the relief of appendicitis are followed, the patient should be enabled to get out of the sick-bed within one or two days at most and to remain out thereafter.

If however, a recurrence of the pain should ensue, the same treatment must be repeated. Such a course will however be unnecessary except in those cases where the psychology of the patient is a very fearsome one. The fear of an attack, in other words, may help in bringing it on, more than any other factor. It may be said, however, that such a recurrence happens in only one out of ten or twenty cases.

Whatever treatment is followed must be modified by common sense. In fact, the most important thing that can be said in connection with appendicitis, is that the fear that is usually associated with this condition must be gotten rid of first of all. The panic that such an attack usually brings on, in the mind of the patient and all those around him, is the hardest factor of all to contend with, and is the most responsible one, in cases where the attack is violently prolonged for more than two or three hours.

Do not be afraid. Forget the surgical bugaboo. Proceed methodically to relieve the bowel of its waste material. Take away the poisons which are overworking and inflaming the appendix and it will again function properly, and all pains and aches will disappear. The effect cannot remain when the cause is removed.

Finally, it should be remembered that right living on the whole is essential both in preventing an attack of appendicitis or in permanently curing such a condition.

CHAPTER XXV

HERNIA AND RUPTURE

Rupture can occur in any part of the body, while hernia is a rupture in the abdominal, or in the inguinal region. In nearly all cases where a rupture has occurred, a tendency towards rupture existed previously. A weak, flabby, abdominal wall and a weak groin, make a rupture possible by permitting the intestine to break through the muscles which are supposed to hold it in place. Falling, jumping, the lifting of a heavy weight, or even coughing or sneezing may tend to bring on a rupture, and a person with a tendency to rupture who avoids any strenuous movement whatever, may nevertheless cough or sneeze violently, and thus bring on this condition.

There is no escape from it aside from building up the region by exercise and also by special baths and massage, during the bath. The same methods which will prevent the occurrence of hernia will also be found effective in curing it.

The abdominal exercises shown in this volume are specially adapted to the building up of the entire region in question. Aside from these exercises, the natural bath will be found very effective in assisting towards a cure. It should be taken daily but the patient should not overdo it. Five minutes in the bath will be found fully sufficient for both cleansing and healing purposes.

As constipation causes the distension of the intestines, and consequent pressure on the abdominal wall, this condition must also be completely cleared up before a real cure can be had.

The prevention of hernia can be accomplished through the exercises alone, but a cure can only be had by curing constipation through correct diet, etc., and natural bathing, sufficient sleep and special exercises.

CHAPTER XXVI

DISEASES OF VEINS

Varicose Veins

Varicose veins are usually found in people who stand a great deal. They are due to a stagnant condition of the blood which is produced from excessive standing. The blood is drawn down into the legs but is not sent back again fast enough to create a proper circulation. This can never happen in walking or running, as the activity of the legs, at such times, forces the blood back to the heart and through the rest of the body.

The circulation of the blood is generally a little poorer as it reaches the extremities. It is only the activity of the hands and feet, for at least a part of each day, which enables the blood to get back properly from the extremities. In standing for eight or nine hours a day almost in one spot, the blood is drawn down, both by the pull of gravitation and by the action of the general circulation. The pull of gravitation however, does not help the blood to go up into the body again, and as the general circulation is poor in the majority of people, especially indoor workers who stand all day, the veins are forced to hold a great deal more blood than they are normally intended for. The result is a swelling of the veins, which may finally protrude to such an extent in the legs as to seem like great purple welts that have been administered with a whip.

To prevent such a condition clerks, and others, who must stand all day, should whenever possible, get up on their toes and back on their heels a number of times in succession, stirring up the blood in the feet. They should also bend the knees and straighten them out again a number of times during the day. Another good exercise is to

stand first on one foot and then on the other, changing feet frequently. Finally they should move about as much as they can while at work, even if they move only a step at a time.

Long walks at the end of the day, and in the morning, will both help to prevent and to cure this condition. A general system of exercise indulged in daily for fifteen or twenty minutes, before an open window, and the natural bath as described in these pages, will prove very helpful in this condition. Finally, it must be remembered that wrong diet, by polluting the blood stream, clogs the blood vessels and prevents proper circulation. Proper diet will therefore greatly assist in curing this swollen condition of the veins.

The foods most responsible for this condition are, meat, fish, chicken, eggs and cheese; also coffee, tea and alcohol drinking. Consuming less of these foods and beverages, or none at all for a while, will greatly expedite the cure.

A surgical operation can provide relief for this condition temporarily, but only at the expense of the general health. Eventually, the new veins and blood vessels that are called upon to take up the work of those that have been removed by the knife, become swollen and the varicose condition is reproduced. As long as the blood is allowed to stagnate in the limbs, either through sitting a great deal or standing too much, especially the latter, no surgical cure can be had for this condition.

Natural methods can at first counteract the tendency to stagnation and ultimately reduce the swollen veins which result from it.

CHAPTER XXVII

THE FEET

Foot Trouble

Foot trouble has only two causes,—the wearing of tight and unscientific shoes and insufficient exercise of the feet. Standing cannot be considered as an exercise. Walking about in an office, or home, or in a store can hardly be considered as of much value to the feet. As in all indoor walking, the feet are made to perspire excessively while at the same time getting really but little all-round activity.

Nature intended man to walk up hill and down dale, on even and on uneven surfaces. For this reason, man was given pliable feet which bend in every direction. When all the muscles of the feet are not properly exercised, their flexibility and strength decreases. Ultimately, the muscles supporting the arch of the foot may become so weakened by lack of all-around exercise, that the bony framework that we call the arch, will gradually lose its muscular support, and will sag down until it becomes almost perfectly flat.

The wearing of arch supporters for the purpose of curing this condition only makes matters worse; as the muscles supporting the arch get even less exercise than before. The foot is turned into a solid clod,—practically all action is taken away from it.

No matter how much one should walk in shoes equipped with such supports, the muscles of the feet would have little to do. The legs would move, the feet would be lifted up and put down again, but the muscles of the feet would not be called upon to stretch and strain in every direction. One might be better off wearing wooden

clogs instead of shoes, as at least the clog is so made as to expose the feet to the air, not to clamp it in tightly.

In the usual so-called scientific arch support shoe, the feet are imprisoned and held so tightly as to permit almost no movement at all. The cure for arch troubles, and for a calloused condition of the sole of the feet, and corns, and bunions as well, can be accomplished in the following manner:

Soft leather shoes with flexible soles should be worn, in which the foot is so loose as to be able to move about within the shoe. It must not be laced too tightly.

Stockings should be changed daily, and the feet should be bathed every day in plain water, which can be cool or luke-warm. No foot powders, or other preparations, must be used whatever. For callous, a soft, white rag should be placed under the stocking, fresh every second day. For corns, a soft, white bandage should be wrapped two or three times around the corn and changed daily. The purpose of this cloth application is to soften the corn, or callos, by taking away the irritation which has produced it. Rubbing continually against the hard leather or canvas surface, even through the thickness of a stocking, will tend to bring on corns and bunions, especially when the shoes are tight and airless.

To build up the arch, special foot exercises should be done, such as rising on the toes, lifting the heels as far as possible from the floor and lowering them without touching the floor. This should be done as many times in succession as possible, within a period of one or two minutes, each day. A second exercise is to point the toes downward, raising one foot off the floor while holding on to a chair with one hand. The foot should be pointed down as far as it will go, and then brought back as far as it will go up towards the shin, and then brought down again. This exercise should be done for about two minutes each day.

Another exercise, that can be done in stocking feet, which is also very beneficial for the ankles, is to stand, feet close together and turn the soles of the feet towards each other so that the feet will be resting on their outer

sides. Then the outer sides should be raised, so that the feet face in opposite directions, and the ankles are turned inward towards the floor.

Another good exercise is to walk around the room on the toes, bringing the heels down only when the toes are too tired to hold the feet up any longer. This exercise can be kept up for five minutes at a time, and will be found greatly beneficial in building up the arches, and strengthening the entire foot and leg.

Lastly, one who suffers from weak arches should make every effort to walk gradually increasing distances, until five or ten miles are covered each day. When it is possible to walk such a distance, and when the walk is accomplished in the right kind of shoes, the arches will be strong enough for all practical purposes, and little direct attention need be paid them in the future.

It may be said in conclusion, that very few cases of foot trouble can resist the treatment that has been outlined in this little article. No matter if one may have worn arch supports, or otherwise mistreated the feet, complete relief from all foot troubles can be obtained by these methods within a few months at most.

CHAPTER XXVIII

THE NERVOUS SYSTEM

Nervousness

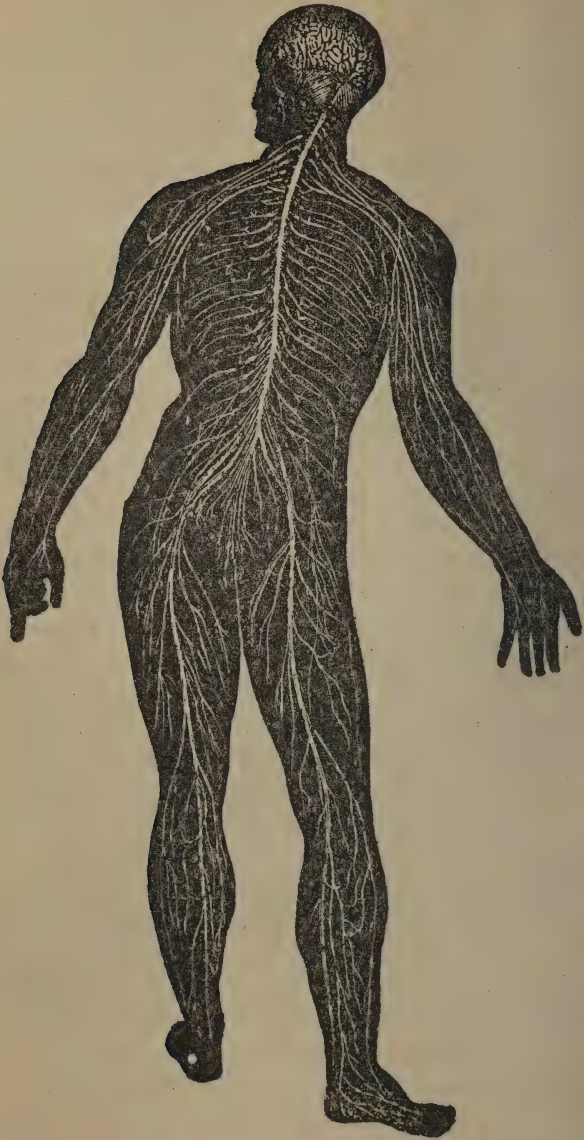
The condition of the nerves which is commonly spoken of as nervousness usually has both a mental and a physical basis. Although apparently strong and healthy people may display the various symptoms associated with "nerves," yet if we probe deep enough, we will find in practically every case physical weaknesses, and derangements, which often without the knowledge of the victim, have helped to bring on this condition.

In men, bladder trouble, kidney trouble, and chronic constipation, and indigestion, are the greatest causes of nervousness, these causes are usually aggravated greatly by mental difficulties. For instance, financial or economic problems, and domestic problems, may suddenly become acute at the very time when these ailments are in their worst stage, and the patient, harrassed on all sides by mental and physical difficulties, will tend to become irritable and magnifies every little trouble that may come along to such proportions, that life itself may hardly seem to be worth while.

Fears of the future usually assail the victim at this time: especially when he is aware that he is suffering from a sexual ailment, a sense of hopelessness and inferiority may set in, and this makes a cure still harder, and before this period has passed, the nerves of the patient may be quite unstrung, and for many years after, if the patient does not thoroughly take himself in hand, the nervous condition will persist and may even grow worse.

Nervousness in Women

In women, on the other hand, financial or economic



The Nervous System.

difficulties are less potent to create a nervous condition, but domestic difficulties, an imperfect marital relationship, or the postponement of marriage until the passing of youth, or the failure to marry at all, will often tend to bring on a more or less severe nervous condition. For instance, a woman whose married life is unhappy, especially when she is ill-mated, or when the marital relationship is immoderate or unnatural, when there are no children, or when the children come they are not nursed, but are brought up artificially. In all these cases a condition of nervousness may arise, and many patients may be utterly puzzled to find the reason for their condition. They do not realize that it is impossible to break natural laws in any way, and not suffer as a result.

Nature ordained a happy marriage for the majority of women. It also insists on children as the normal result of marriage, and furthermore that these children shall suckle at the mother's breast until the time for weaning has arrived. This time is evidenced by the formation of teeth in the mouth of the child, which prepare it for a more solid diet. A mother, nursing her child with the aid of a bottle filled with cow's milk, may think she is naturally nourishing her child but the inward call upon her breast, the necessity for the normal development and function of the mammary glands remains, and the thwarting of this innate need for suckling the child is invariably productive of a more, or less, acute nervous condition.

It does not matter what anyone may say regarding the ability of any particular woman to suckle her child: It may be accepted as an axiom, that if nature has given a woman strength enough to bring a living child into the world, it has, in nearly every case, provided her with the power to nourish that child. Picture for instance, a savage woman who had brought a child into the world and was unable to suckle it. The child would have surely perished. Nowhere in the animal world, or in any savage or barbarous community, do we find a mother refusing to nurse her own offspring.

It must be remembered that within the mothers

womb, the unborn infant is nourished by the mother's blood, and that when the child was born and the umbilical cord was cut, the power to nourish the child did not cease, and the necessity to nourish it did not stop, as proven by the fact that the menstrual flow does not begin again for several months. Nature wishes to conserve all her forces and so sends this blood into the mammary glands, where it is turned into milk for the nourishment of the infant. At the same time, it may be well to mention that there is no such thing as rich milk, or poor milk, of an inherent nature. If the mother will only eat fairly natural foods, especially if she drinks a fair quantity of milk every day, and sufficient raw fruits and raw vegetables, and if the rest of her diet be not too unnatural, she need have no fear that her milk will injure the child. It may be stated here unalterably, that the milk of the weakest mother is preferable to that of the healthiest cow, or goat, or any other animal, so far as the human infant is concerned. One thing the mother must remember however, is not to overeat in the effort to help nourish the babe at her breast. Over-feeding will only sicken her, and thus will injure the child.

We have said a great deal about the nursing mother for the reason that this is a little understood question, and it has a great bearing upon the nervousness of many women of the present day. Not only does the failure of a mother to nurse her child produce nervousness, but it also tends to bring about many derangements of the sexual organs, and the mammary glands, which are all so intimately bound up with the appearance of the child in the world. Cancer of the breast for instance, is one of the ailments that can often be traced to this cause.

However, this is only one type of nervousness amongst women. A far greater number suffer because they do not become mothers, or because on the other hand, in expressing their physiological needs, they have borne so many children that they find it impossible to properly care for their entire flock, particularly where poverty exists. The burden of caring for a large family in cramped quarters, and under the most difficult and unnatural conditions, is

destructive not only of the nerves of the mother, but of the rest of the family as well. In olden times and even at the present day, where people live on farms and there is plenty of room for play and outdoors activity for the entire family, and where children soon help to do the work of the farm and assist in other tasks, the problem of caring for a large family is greatly lessened. Otherwise only a comfortable income can assure the health and the sound nerve condition of the mother of a large family. Though at times we find, in even the most poverty stricken surroundings, occasional families of nine or ten or even more, where the mother, despite the clamor that may surround her, and the work which she does from dawn to night, is nevertheless fairly healthy and even happy. Her nerves are calm and strong, and she seems to have no desire whatever to change or improve her condition in any way. She feels thoroughly suited to her task and her task seems equally suited to her. These are however, only exceptions and are due to a lower, or a different nervous organization from the prevailing run of humanity.

The "dried up-spinster" type, the so-called "old maid," is familiar to everyone. Her meticulous neatness, her insistence upon the importance of details, and often her hair-trigger temper, are proverbial. Though this description is not true of all unmarried women who have passed their twenties. Not only are there many sweet tempered and kindly women who have never married, but there are many for whom there is really no need for marriage, they are capable of being completely satisfied with their lot without marriage or motherhood, and one should be very slow in urging marriage upon any woman who for one reason or another has remained a spinster, or as they now sometimes prefer to be called, "bachelor girls." However, when a condition of nervousness sets in, it is often well to look the facts in the face, and to examine them closely, and determine whether the fault may not be found somewhere in this direction. Though it is not always possible to arrive at a perfect solution of this problem even when we have an idea as to its exact nature. The best thing

to often do in this regard is to forget what cannot be helped, and to engage in all sorts of healthful activities to overcome this drawback.

Another factor which tends to produce nervousness in women, is the unnatural idleness and lack of motive, which characterize the lives of many women nowadays. Running around to parties, gatherings, musicales, theatres, dances or traveling, going from place to place, never succeeds in satisfying the real inward craving of most women, which they may or may not recognize, but which nevertheless exists. This craving is to rear a child, a daughter or a son, who will grow up and do great things in the world.

When a woman can place her heart and soul during the best period of her life, from twenty to forty, in raising an affectionate daughter or an ambitious son, her deepest instincts are satisfied, and there is no desire to flit about from place to place, or from one interest to another. Provided that such a woman is well mated, she can be truly said to be happy, and there is no better tonic for the nerves than happiness in liberal doses. Whenever we find a woman who has achieved the miracle of motherhood, and has even succeeded in raising up children to their tenth, or even their fifteenth year, and still continues to gad about in search of new sensations, this may be taken as an almost certain sign of abnormality.

CHAPTER XXIX

SLEEP—INSOMNIA

Sleep

The lack of sufficient sleep is a great factor in wearing down the nerves. One need only to test this by doing without a night's sleep, or by sleeping only a few hours for several nights in succession. No matter how strong and robust the individual may be who conducts this experiment, a temporary nervous condition must be the result. The eyes will be blood-shot, the hands may tremble, and even the knees and feet may shake occasionally, a great desire for stimulants will be set up, and for days after, some of the effects of the sleeplessness will remain.

Sleep is the great refresher of the nervous system. It is more essential for the brain and nerves, than for the muscles or other parts of the body. A person lying in bed all night with eyes open, and the mind awake, will succeed in resting the muscles which do no work while the body is stretched out in bed. Nevertheless upon getting out of bed the next morning, the whole body will be shaky, and the muscles will seem to be made either of putty or lead. The brain and nerves will be upset as well.

This phenomenon is due to the fact that during sleep the brain renews itself, and rebuilds any ravages that may have been done to the nervous system. No better advice can be given to the nervous patient who is suffering from sleeplessness, or the results of insufficient sleep, than to go to the country and rest and sleep.

For the victim of insomnia however, it is not easy to follow the latter bit of advice. In this case the phrase "open air exercise and activity" should be added. For the trouble with nearly all those who suffer from insomnia

is that whether they do a great deal of mental work or, as in many cases, they do not even do mental work, it is certain they do no physical work, and their muscles have no need for lying in bed when night comes.

There is no physical body crying for rest and so sleep does not come, they toss, and squirm, and turn in every direction throughout the night in an attempt to get the exercise which has been denied them during the day. This is especially true of men. Women do not require as much exercise as do men; they can be idle to a greater extent than men, without suffering in proportion.

Wherever insomnia is found however, a combination of exercise, long walks, sufficient sleep and mental activity of a constructive nature, will be found very beneficial. Sleeplessness at night may also be due to over resting, that is, remaining in bed over-long. The best cure for this is to cut down the hours during which one remains in bed, and real sleep will soon return during the fewer hours that are spent in bed.

Unfinished mental problems may tend to keep an individual awake, because the brain tries to finish its business at night, when it cannot finish it during the day, but this can only be said to be true where the nerves are already somewhat deranged. Whatever the cause may be however, it is best to do all of one's worrying during the day, and finish, or definitely shelve, all problems when the time approaches for sleep,—if the nerves are to get their proper rest.

If this cannot be readily done, then every effort must be made to tire the brain, and the body, as thoroughly as possible during the day. In other words, be as active as you can be during the day without overdoing, and don't evade any problem whatsoever during the day, but try and solve it on the spot, or get as near to solving it as you can. As a result when bed time arrives, your conscious mind will naturally throw off the problem and give itself over to the luxury of refreshing sleep.

CHAPTER XXX

CURATIVE BATHING

The bath should be not only a means towards cleanliness but also a direct curative effort. Likewise, it should be a daily stimulus towards better health, and increased energy. Nowhere amongst the lower animals, is bathing used solely as a means of cleansing the body. The bear plunges into the water in the Summer to keep cool. A cow, or an ox will wallow in the mud to get rid of insect and parasites. The deer and the moose will do the same thing in their forest fastness. A great many animals however, bathe directly for energy, and the relief of heat and inflammation, in the lower parts of the body. A hunted deer, or rabbit, or even a fox will hesitate for a moment in the heat of the chase if a puddle, or a stream is at hand, to moisten and rub their under-parts and then resume their flight with renewed vigor.

Human beings in a savage state, bathe and rub the pelvic region before anything else. When wearied after a long trek, they plunge into the nearest stream, and immediately begin to rub and cleanse their backs and thighs, before doing anything else.

Civilized people ordinarily get into the water up to their waists and unless they are good swimmers, they seem content to stand in the water in this position. If they give way to their natural instincts, the very first thing they will do is to rub, and lave, the entire pelvic region.

The natural bath, as discovered by Adolph Just, is based almost entirely on this instinctive reaction, both of animals and human beings, to water. It is intended not only as a cleanser of the skin but as a direct stimulant for

the entire body. When it is remembered that the organs of elimination, as well as of reproduction, are placed in the pelvic region; and that the nervous system is so directly bound up with the faculty of reproduction, it should be easy to realize how a bath which applies itself on the entire body, but particularly bases itself on the cleansing and stimulation of these parts, should be the best bath of all.

How to Take the Natural Bath

Run three or four inches of cool water into the tub. Sit in the tub with the knees raised at least a foot, or a foot and a half, above the bottom of the tub. Begin by cleansing the toes individually and rubbing them with the fingers. Wash the legs by rubbing and massaging briskly with the wet hands, dipping the hands again and again into the water in the meantime. Splash the water around the groin and the anus, and rub and massage, and stroke briskly throughout this region.

The first time this is done, the treatment should be rather gentle. After several such baths taken daily or every second day, this may be done much more vigorously. This does not mean that one need be very rough. The brisk massage of this region will help to strengthen and toughen it. In this way, a tendency to hernia, or rupture, is greatly lessened. Sexual weaknesses are largely, or wholly, removed. Inflammation in this region is entirely done away with in a short time.

When this part of the body has been thoroughly attended to, the rest of the body should be massaged with the cool water, and gone over again and again, so that in each successive time, any waste material that may be clinging to the pores will be dissolved, and the skin will be stimulated to eliminate further waste material. The entire bath should however, not take more than about five minutes.

It can readily be seen that the bather must be very active during this bath, in order to follow all the directions that have been given in this limited period of time. This is intended to be the case. The natural bath is an exercise,

a system of massage, a full bath and a special pelvic bath, all combined. If taken in cool water once, or twice a day in the Summer, it will help to make the Summer heat quite bearable. If taken in slightly warmer water in the winter, the winter cold will not be nearly as extreme.

It is a bath, which through its stimulating and invigorating effect, tones up and hardens the entire body, and prepares it to face any and every climatic change, as well as the ordinary experience of the day's work. In many respects, it is a healing and curative bath, and is to be advised in all illnesses, where the patient is at all able to get out of bed. One, or two, such baths followed by the drying of the body with the bare hands, without the use of a towel, and exposure to the open air for five to ten minutes afterwards, will prove the most wonderful tonic that can be administered. When it is not possible to dry the body with the bare hands for lack of time, or to move around naked in the bath room after it, the good effects of the natural bath will still be very great.

The Sitz Bath

In the Sitz bath, the patient sits in from three to five inches of water, with the legs suspended out of the water by means of a stool upon which the legs rest, or else this bath is taken in a special tub which is so constructed as to permit of being seated with the legs comfortably suspended on the outside, one side of the tub being cut down for this purpose.

There are many temperatures at which the Sitz bath can be taken, and each degree of temperature is supposed to assist in accomplishing certain definite results. Those who advocate the Sitz bath have an entire science associated with the methods of taking this bath.

On the whole, we may say, however, that there is nothing that the Sitz bath can accomplish that cannot be better accomplished by the natural bath, exactly as it has been advised above.

Cold Shower

This form of bathing has been so widely advocated as being both hygienic, stimulating and refreshing, both in Summer and Winter, that it has become quite a fad with great numbers of people. It may be said, however, that this fad rarely remains popular with the same individual for any great length of time.

The shock of a cold shower in the Winter is a definite blow to the nervous system. It takes a certain amount of heroism to get under it at all. The average person shrinks from such an ordeal. For health's sake, however, people are prepared to do almost anything, and so they steel themselves to the attack of the cold water showering down upon the warm body, and even manage to make themselves believe that they are being benefited.

There is no benefit in punishing the body unduly. All the stimulation of the cold shower can be achieved equally in the natural bath, with the shock removed. It is easier to get into two, or three, or even four inches of cool, or tepid water than it is to get under the deluge of cold water striking everywhere, almost at once, and giving the skin little chance to recover. When the water is brought up by the hand to touch any given part of the body, and the warmth of the hand is applied in vigorous massage to the body at the same time, an entirely different effect is achieved.

In the Summer time, on very hot days, a mildly cool shower may indeed be refreshing and not at all harmful. In Winter, one would do well to avoid the cold showers.

CHAPTER XXXI

DIET AND CURE

Can Diet Cure Disease?

The question is oftentimes asked—"How can you cure disease?" "How can you repair wasted tissue through diet?"

Our bodies are created largely out of the food that we eat. Each individual cell of the body gets its share of this food, which is brought to it by our blood. Our blood is in turn directly nourished from our food. When disease is present in the body, the cells and the tissues through the contaminated blood are being attacked, injured and destroyed. Were it not for the power of the blood and cells to fight against disease, the entire body would be quickly destroyed. Nature has provided these powers and forces within the body that they may struggle continually to keep it in good health. If, while this struggle is going on, we eat such foods as are easily handled and are quickly turned into the right kind of blood and cellular material, then the body has a readier chance to recuperate.

On the other hand, it follows that any food which is difficult to digest and full of poisonous materials, will impede the effects of the blood and cells to cure themselves, and will assist in the further progress of disease.

What to do in Acute Disease

It is best in any acute condition not to eat at all, for the body needs all its powers to fight and overcome the crisis, which the acute condition brings about. Food at such a time only takes away from the energy of the body, because energy is required in digesting it and turn-

ing it into blood, and at such times no energy can be spared for this purpose.

That is why Nature always takes away the appetite of the person who is acutely sick. No animal, or human being, can be induced to eat when they are acutely ill. It is as if Nature were to say "I am too busy now with the chief work at hand, and I have no time to reach out for further supplies, or to do anything else but fight this thing through with all the forces that are at my command. I cannot spare a single corpuscle for the purpose of assisting in the digestion of food, or for any other secondary purpose."

At such times people are often afraid that the body will cease to be nourished, and will wither and die as the result of missing a meal or two, or even a dozen meals or more, but there is no ground for such fears. The body has enormous reserve supplies of food for the cells, and can live on itself for many days without a single ounce of nourishment taken in from the outside. Diet can therefore hardly be considered in acute disease.

The best thing to do at such a time is to obey the dictates of Nature, as expressed by the patient. In practically all cases he will have no desire for food. A raging thirst may appear however, and a desire for fresh air, and some cooling touch on the skin, such as a cold water sponge.

If the patient is lightly covered, given a deep enema to wash out the bowel,—the skin bathed with cold water,—and cold water with a dash of lemon, given to the patient to drink, then practically everything is being done that can be done with any real benefit at this time. The body must fight its own fight and win its own victory. It is really impossible to help it much. For no one can use their own powers to directly enable another to get well. That other gets better or worse, and lives or dies, only according to his own natural reserves of strength, and energy and vitality. No one can add to these reserves, though it is easy by wrong handling to assist in lowering them. Also by inspiring the patient with the hope, or the cer-

tainty of a cure, these reserve forces are more quickly, and more thoroughly called upon, and the chances of a cure are increased.

The Use of Medicine in a Crisis

All medicine and all other unnatural methods, whatever they may be, are of absolutely no avail at this moment. For every bit of stimulation that medicine may give, a reaction is caused that carries the body even further back than it has traveled on the strength of this false stimulant. This reaction cannot be prevented. Besides, all stimulation is only a more rapid use of the natural reserves, and when these reserves are used up there is nothing more with which to fight. Left to itself, Nature uses these reserves as it sees fit, at the right time and in the right place. Each corpuscle of the blood is marshalled to do its work in the most perfect and efficient manner, and no man can improve upon this wonderful organization of Nature within the body .

The further trouble with medicine is that after its first effect has worn off, the body must further set about the task of getting rid of this medicine. As a rule, drugs are flung out of the body by the bowel, or by the kidneys. A great deal of extra energy is used up in this work, and all this energy, it must be remembered, comes from the body's last reserves. That is why the famous Dr. Osler, while Professor of Medicine at Oxford University, stated that the "modern doctor has no need for medicine whatsoever, but only attempts to assist Nature along Nature's own lines.

Acute disease is both the forerunner and the aftermath of chronic disease and weakness, and while dieting can play but a small part, especially in the more critical periods of acute diseases, it can play an increasingly important part in dealing with chronic diseases.

Diet and Chronic Diseases

As long as there is any hunger whatever, and any food at all is taken into the body, it may as well be the right

food. It may as well be food that will stimulate elimination of filth from the bowel and bladder, and out of which the digestive organs can manufacture perfect blood cells, which in turn will go to the part of the body where the disease is making its stand. It will proceed to fight the disease with increased strength, nourish the depleted cells, and help to carry off the dead and the dying cells. In this way the blood gradually heals any and every lesion that occurs in the body, no matter where it may be.

The blood goes everywhere. It finds its way into every cell, into the bones, into the nerves, into the brain, into the nose and throat, into the toes, into the finger nails and toe nails, and into the hair. It nourishes everything. It heals everything. It fights cuts and bruises, and mends them. It knits together broken bones. Wherever it finds poisonous material in the body,—it carries it to some point where it can be eliminated. It carries some of this material into the lungs from where it is exhaled into the air,—into the skin, where it is driven out through the pores and washed away in the bath, or by the air that surrounds the body. It carries it into the bladder through the kidneys, and into the bowel, from where it is excreted out of the body.

A great part of the blood does nothing else except neutralize and remove poisons from the tissues. The white corpuscles fight disease, and the red corpuscles rebuild the body, feeding wasted cells as well as healthy cells, and helping to create new tissue when required. A polluted blood stream can neither remove nor neutralize poisons effectively, nor can it fight disease or rebuild wasted tissue. Ill chosen foods, that are hard to assimilate or eliminate, can only help to pollute the blood stream.

Natural, and therefore scientific, diet can cure disease because it is easily digested, and promotes elimination instead of retarding it. Natural foods possess all the proper elements for the making of pure blood, able to neutralize tissue poisons. Such a diet also contains the necessary ingredients for the production of healthy white corpuscles to fight the invasions of the harmful varieties

of bacteria, and other injurious elements. It also provides the mineral and other elements out of which the red corpuscles are made, which go to feed and nourish and vitalize the entire body and to reconstruct wasted parts.

It is easy to understand that if there is such a thing at all as right diet and wrong diet, then especially in a case of sickness where any food at all is eaten, it is better to eat the right foods than the wrong.

The Diet Question

There is no question about which there is a greater difference of opinion, than the problem of what foods are best for man to live on. While some point out the harmfulness of a meat diet, others argue that the Asiatic peoples, who live largely on a vegetarian diet, are inferior to the white people of Europe and America, who live on a diet containing more flesh foods.

At the same time, it may be pointed out that the diet of each individual nation, or racial group, or even locality, differs in many ways from the diet of all others, that the food of the Italian differs in many respects from that of the Frenchman. The Frenchman eats differently from the Russian, the Englishman differs from all the others and the various parts of the United States differ from one another in their daily food regimen, in fact no two families eat exactly alike, and we rarely find two individuals, in the same family, who have exactly the same tastes in regard to food.

All this would make it seem that eating is a matter of taste, and as the health of one community differs but little from that of another, one might say that in so far as health is concerned it does not matter what we eat, the result will be the same. And yet there is not a single element of life which has such an important bearing on the health of an individual, as well as a nation, as the question of eating.

Here it may very pertinently be questioned—"How can you reconcile the fact that each community has its dietary peculiarities, and yet the health of one community in the

United States, does not differ greatly from that of other communities in this country? If the Southerner for instance can get along on corn meal, and the New Englander prefers white bread, while certain other communities prefer rye bread, if some localities subsist largely on fish and others prefer pork, while still others use beef, lamb, poultry or dairy products, and the health of one group does not differ much from another, then what importance can diet have, in so far as health is concerned?"

The truth of the matter is that the disease rate, and death rate of the various communities, is in each and every case, far higher than it should be, and that the dietetic faults in one community are about as great as will be found in any other. The type of these faults and errors may differ somewhat in one case from that of another, but essentially they are largely alike, and the injuries caused by these dietetic errors, are reflected more or less similarly everywhere.

Thus, wherever we go throughout the United States, we will find tuberculosis, diabetes, cancer, tumors, goiters, rheumatism, catarrhal troubles, indigestion, constipation, pyorrhea, bladder trouble, kidney trouble, gall stones, high blood pressure, heart trouble, etc. In some communities we will find more cases of one ailment, in another community a different malady will be prevalent.

Everywhere however under ordinary circumstances, a thousand diseases and weaknesses will rage, because everywhere a wrong diet is being followed. The differences in this diet will dictate in a general way the differences in the types of sickness and disease.

There is really no question whatever but that diet plays a great part in making either for health, or disease, in the individual, and it is only necessary for the skeptic to experiment by eating a more correct diet than the one to which he is accustomed, and the result will soon be manifest.

How to Prove the Harmfulness of Wrong Eating

Let the eater of white bread eat still more of this

beloved article of food, and also more meat, and less of the juicy vegetables, and fruits and milk, and if he was sick in the first place he will find himself a great deal worse as a result of this deteriorated diet. Let him, on the other hand, turn to whole wheat bread instead of white bread, and eat more raw fruits and green vegetables, and milk in place of the meats and the heavier vegetables, and he will soon find his condition improving, and in time if he will also lead a natural life in other respects, he will find himself quite well. Even if he does not lead a natural life in any other respect but that of food, he will find his condition greatly improved.

The fact that many people in this world manage to subsist on a wrong diet, and somehow seem to get along despite this fact, should not mislead anyone who is ill into the belief that he can continue to live on a wrong diet, and that somehow he will be amongst the favored ones who will survive. The truth is that those who live longest nowadays and who are the healthiest, either consciously or unconsciously, eat more of the right foods and less of the wrong foods. They also, whether consciously or not, manage to get more fresh air and to lead more active lives, to worry and fret less, and to sleep more and eat less than their more unfortunate brethren who fall by the wayside.

Even these favored few however, suffer more or less throughout their lives, from one minor ailment or another.

It is impossible to sin against the laws of nature, particularly with regard to diet, and still maintain all the natural faculties at their normal powers, and to the degree that we break these laws, are we made to suffer. A crime may be committed by one man against his fellows, and if he is not caught he will be punished only by his own thoughts, but if a man disobeys the laws of nature, his punishment is certain and unfailing.

When a hearty dinner is eaten, consisting of great quantities of meat, fried stuffs, rich soups, artificial desserts and falsely stimulating beverages, indigestion may not follow immediately, but the harm is done nevertheless, and

in some way sooner or later, punishment will come and suffering will follow such indulgence.

Of course, if such a meal is only eaten occasionally and the rest of the diet is good or at least fair, then the harm will be slight and hardly apparent. Regular indulgence in wrong eating, whether it is wrong selection, or wrong preparation, or both, or overeating, must inevitably bring about the deterioration of the various functions of the body. It may be said that real good health is absolutely impossible on a diet that is predominantly made up of the wrong kinds of food. The question may be asked here. "How do we know what are the right foods?" Where have these foods been given any widespread test to show how they work out ultimately and in the long run?" The answer is that these theories of right eating have never been widely tested in any given community, but that they have been tested, over and over again, tens of thousands of times on the sick, both here and abroad, by nature-cure practitioners; and that there are many sanitariums in the United States and in other countries, where these food theories are applied daily, and that they never fail to work beneficially.

Medical Dietetics

Surely, when theories have been tested in and out of sanitariums, in every variety and state of sickness and disease, and have unfailingly benefited all who have tested them, then at least we must conclude that insofar as curing disease or in building up the sick, these dietetic ideas have a great importance. In fact it is so admitted nowadays by the majority even of the medical dieticians. Although diet is really an utterly new field of thought and experiment in the medical world.

It is only in the last few years that a study of diet has been placed on the curriculum of modern medical institutions. In the past, this question has been completely ignored, and even to the present day in the great majority of hospitals, as well as in the private practice of more than ninety percent of our physicians, the use of diet in a cure

of disease is utterly and absolutely neglected. Patients are fed meat and potatoes, fried stuffs, tea, coffee, cake, pie and ice cream, gelatine, etc., just as they fed themselves at home, before their wrong eating had put them into a sick bed. The doctor tries to perform his cure with drugs instead of with the natural medicines that nature has placed in certain of her foods.

This order of things is however, slowly changing and eventually some approach to a true understanding of diet will be arrived at, even in the most hidebound of the drug institutions. At present however, even when the physician does apparently know something of diet, he knows it upside down. He will advise the patient to eat foods that are absolutely destructive to his health, and to avoid other foods which would be positively curative in their effect. This is not done out of spite, or a desire to do harm, but simply through ignorance of this subject which is very new to them and therefore difficult to understand.

It must not be thought however, that the diet question should concern only the sick. Those who are apparently well, must learn to understand it, if they are to maintain their health, and especially if they are to improve their physical condition so that they may enjoy real health. This is a condition utterly different from what the average person understands by the word "health."

In fact, the genuine article is as different from the spurious one which is called by that name today, as can be readily imagined. True health does not permit of a single weakness or an ailment, existing in an individual even for a single day. In the category of real health no person subject to colds, or suffering from a catarrh, or with the slightest weakness of any kind can be included. Of course such a condition is hard to understand, and will be scoffed at by those who have not experienced it. They will say that such a state of health is impossible under modern conditions.

Fruits and Berries Are Natural Foods

Nevertheless there are many people today who enjoy

such good health, and their number is growing every day. Modern man must learn to study the conditions under which he lives, and not to abide by them blindly, but to seek to improve and better them in every way. He must live by the aid of his intelligence.

The savage did not have to do this. He found the conditions of his life ready-made for him. Fruit hung on the trees, berries clustered on the bushes everywhere, grape covered vines climbed the trees, even the ground was strewn with berries that grew in the grass. Living on these foods altogether, or to a great extent, he kept his body healthy, his blood clean, his bowels functioning and his kidneys and bladder in perfect shape.

He did not appease his hunger with pie, or denatured bread, nor his thirst with coffee, tea, or alcohol. Even when he ate meat, it was simply prepared from the flesh of the fresh killed animal, and he ate it only when he was ravenously hungry after the hunt.

Slowly the desire for luxury has obsessed modern man, and now even the poorest who can find no other luxuries in their homes manage to eat so-called luxurious foods. It should be learned, that the more time spent in preparing a food, the worse the food. The more effort put into its preparation, the more the stomach, and the other organs that aid in digestion, will have to labor to prepare it anew, before it can be turned into blood and tissue.

The stomach of modern man does not differ much from the stomach of his ancestor of hundreds, or thousands of years ago. It is intended for the simple foods, either without any preparation whatsoever, or with very little preparation.

The foods that are most natural for modern man are still the fruits, and the berries and nuts, which kept primeval man in good health, no matter how he feasted after the chase. In fact, these foods are even more necessary to modern man than they were to his forebears. For today man does not roam at will in the forest, nor live the healthy, natural, outdoor life of his ancient ancestors, and so the

meat which may have nourished this ancestor poisons his modern descendant.

Meats as Compared with Fruits

Meat is intended by nature to be eaten only when the body has been exercised vigorously in the open air. Unlike fruits and berries, meat, fish and poultry do not hang on the branches of trees, or on bushes, where they can be approached at leisure and eaten casually as hunger dictates. Meat is usually placed on four legs, poultry on both legs and wings, and fish in the water. An effort must be made to catch these living things before they can be used as food.

Such a diet requires an active, open air existence. It requires that the legs and arms be used vigorously, and that the faculties of sight, hearing and smell should be exercised just as vigorously and in a broad way.

Likewise, in a state of nature, animals do not stand still waiting to be milked, nor does butter mysteriously form itself in the forest camp, nor is cream or cheese obtained like berries or fruit. Therefore, these foods must be eaten sparingly with the exception perhaps of milk, which being the simplest of the dairy food is more easily handled by the body. Furthermore, the milk of the cow, or the goat, is very nearly like the milk that the human babe suckles while nestling in its mother's arms, and so milk can be drunk by those who are not active, but after the passing of infancy, when the teeth make their appearance, milk is no longer as good a food as formerly.

Nature seems to say, "Drink milk at first exclusively, later on as the bulk of your diet, and after a while, only as a part of your diet if you drink it at all." The coming of the teeth is the first signal that the end of the exclusive milk diet is at hand, and that preparation is being made for a more solid diet. Yet somehow, perhaps because of the fact that milk is so good for the infant, and that the body's needs do not change entirely with the advancing years, milk still remains a fairly good food, even unto old age.

The Curative Diet

The best foods, however, after infancy has passed are the fruits and berries, which were the diet of man's earliest ancestors and which tens of thousands of experiments have shown to be the best foods for restoring man from sickness and disease, and disgust and discouragement, from pessimism, cynicism and dullness, to a state of pristine health and vigor. The body rebuilds itself, cell by cell on these foods, until it gradually returns, internally and externally, to the forms and outlines of the beautiful, and strong, bodies of the ancient fruit eating progenitors of modern man,

A return to a fruit and berry diet, and to the drinking of pure water, is a return to the sylvan life of the days of long ago. The body which has been plagued with all sorts of dietetic monstrosities, suddenly finds itself receiving the food elements upon which it subsisted for countless ages before the dawn of civilization.

All the weak and sickly structure of the body, as it is today, is slowly changed into the vivid glowing health and vitality which was so common in those prehistoric times, and which was found prevalent in the savage tribes that continued to live in newly discovered countries even in the present. Fruits, berries and to a lesser extent even nuts, destroy all growths, all disease and weakness that have gradually accumulated in modern man. They refine the body and remove the clouds from the mind. They refresh, relieve and regenerate, they wash and they clean, they remove all waste materials from the weakened body, they are curative to the last degree.

Anyone who is sick, and really desires to be well should proceed without hesitation to live exclusively on raw, fresh fruits, absolutely unprepared, raw fresh berries without sweetening, or preparation of any kind, and plenty of fresh water. Add to this diet, sunshine and fresh air, rest, sleep and a calm mind, and after a while, long walks and regulated exercise to strengthen and build up the body. For all those who really seek a cure and who are not so discouraged by their failure to find a cure in medicine, or

surgery, or in any other field, here is a cure, sure and unflinching.

When a cure has been accomplished, the lighter vegetables, milk, whole wheat bread, and if desired some of the heavier vegetables, simply and plainly prepared, and even occasionally a little fresh meat, fish, poultry, or eggs may be indulged in. If such a rational diet is continued, good health may be had throughout a long life.

The Lighter Vegetables

It may be noticed that light vegetables have been placed next on the list of curative foods after fruits, berries and nuts. The reason for this is that the light green vegetables are only grasses which have been brought to their present state of development by man. Originally, these grasses grew wild, and when the fruits and berries failed the forest dweller he resorted to them, and he found them palatable and nourishing. They are filled with fresh water, they contain many valuable mineral elements, sugar and other food materials. They are highly cleansing and reviving in their effect on both the sick and the well.

There is little that is more healthful than celery, lettuce, tomatoes, cucumbers, spinach, parsley, asparagus, rhubarb, water cress, carrots, etc. Many so-called medical tonics are supposedly manufactured from these green vegetables, especially celery and rhubarb, but these medical preparations contain at best only a man selected part of these vegetables, and they are in reality more harmful than good.

Nature combines in each of her fruits and vegetables, a number of elements which must go together into the body to be of any value. To remove any part of them, or to prepare them artificially, is to destroy their value, utterly.

Milk

Milk is next in the order of valuable and healing foods. More will be said about it in the remarks on dairy foods in the following pages.

The Heavier Vegetables

Next come the heavier vegetables such as potatoes, turnips, beans, peas, lentils etc., which are simply a further development of these early grasses, or the roots of plants which have been developed by cultivation. These are not nearly as good as the lighter vegetables, but in small quantities they are not harmful to a person in good health.

Grains

The grains (cereals) are simply the seeds of grasses, though they are highly concentrated foods. If they are eaten in lesser quantities than is now the custom, and if they are left with all of their natural qualities after the simplest preparation, they can only be considered as good, wholesome foods. They are not to be shunned except by the person who is acutely ill or suffering from a severe chronic disorder.

In other words, whole wheat bread, cereals prepared from whole grain, unpolished rice, barley, whole rye bread, (which is commonly known as pumpernickel,) unbolted corn meal, and other simple whole grain products, are recommended as good food up to a certain point. Each individual must determine for himself just how much is good for him.

A hard working man or woman, can eat as much as a pound a day. Sedentary workers, who do not exercise vigorously each day, should eat from four to eight ounces a day. More than this amount may prove clogging and dulling, as all grains are very nourishing and a weak body that is not exercised much does not require much nourishing. In such a case too much nourishment means overloading the digestive system, and taxing the vital organs in their effort to throw off the unnecessary food material, which ferments excessively in the system, and thus causes trouble all around.

Dairy Foods

Next in the order of foods that may be eaten very sparingly by a person in good health are the dairy products

such as cream, butter and cheese. These foods are not as harmful as meat, fish or poultry, because there is very little of actual poisonous material in them. They are only harmful because they are denatured. In other words, they are only a part of the whole product,—which is milk.

Therefore, while milk is made to rank after the lighter vegetables as the next best food, yet butter or cream, which are only the fatty parts of the milk, are brought way down on the list. They are deficient in the mineral elements found in the milk, and lack the water which is necessary for the proper digestion of these foods. Milk contains valuable mineral elements,—sugar, water, vitamins and enzymes. Besides these it also contains the fat which on separation goes into the cream, and of which the butter is almost exclusively made.

All of these elements, in their natural combination as they come from the cow in the form of milk, are excellent so far as the human stomach is concerned, and can readily be turned into good healthy tissue if not indulged in too freely. But when these elements are left out with the exception of the fat, as is largely the case in cream and butter, it is no longer a natural combination; and so cream and butter are prepared foods and not in any sense natural foods.

The digestive system handles them only with difficulty, and beyond a small amount the body cannot handle these foods beneficially. Of course this upsets many an old time theory to the effect that cream and butter are excellent for invalids, etc. They are in reality the opposite of beneficial, especially for the sick. They are creators of acid in the system and this acid aggravates any acid condition in the body. In this connection, it is well to remember that in all sickness we find, to a greater or lesser extent, that an acid condition exists.

White cheese, on the other hand, is usually made from whole milk, which is not overloaded with the fatty elements. Fresh white cheese would be a fine food, were it not for the fact that a great deal of the water has been squeezed out of it. It is also partly predigested, as it is often pre-

pared with rennet, which spoils to some extent its normal digestibility.

As it is, it will do no harm if eaten occasionally, and sparingly, by a person in fairly good health. The more predigested cheeses that have been aged in vats however, belong to a different category. They are the products of excessive, long continued fermentation. Compared to white, fresh cheese, they are like old wine compared to grape-juice.

Thus, while grape-juice, when purely and simply manufactured out of the pressed grapes, is not a bad beverage, yet wine, especially when it is old, is a product of fermentation. It is highly alcoholic, and can only be classed as a more or less pleasant poison. The older types of cheese should be very rarely indulged in, if at all.

Eggs and Poultry

Eggs follow on this list, and while many people look upon fresh laid eggs as the very last word in health giving and body building foods, the facts are sadly in variance with this theory. A hen's egg is only an unhatched chick.

It is the embryo of the chicken, and even when sterile, it is made up of all the elements of the future hen or rooster. Surely the lack of life, which in essence is its differentiation from the chick, does not improve the egg in any conceivable way.

While it is not in every respect as bad a food, especially for the sick, as is chicken or other poultry, yet the difference is not very great. In fact the only difference is that fortunate fact in nature, that the embryo, or offspring, inherits but little of the disease and weakness of the parents. In other words, although the egg is made of the same material as the grown up chicken it has not had time to fill its body with the food poisons and the waste material that we find in the full grown bird.

It does not matter whether only the white part or the yellow part of the egg is eaten. Both are chemically essentially alike. Although the white is usually called al-

buminous and the yolk, nitrogenous, yet these are only varied names for protein. Of course the sick or the invalid, may fool themselves into believing that raw eggs, soft boiled, hard boiled eggs, poached eggs, or eggs in any other form are a healthful food for them to eat, but they will suffer from the sad effects of such a belief.

Having said so much about the egg let us now turn to the chicken itself, and to poultry in general. For some unexplained reason, perhaps because of the prolific nature of poultry and especially of the chicken so-called, and also because of the tastiness of the latter, when prepared in various ways, it has come to be looked upon as a healthful and highly beneficial food for mankind.

There is little basis for this theory however. Despite its attractive taste to those who use poultry as a food, it is necessary to show that it is not based on fact.

First of all,—chemically, poultry differs but slightly from beef or mutton, or even pork. The flavor may be different, the appearance may be different, the taste may even be different, but the true chemistry of all these foods is approximately the same.

No one would say for instance, that a red cow furnishes better meat than a white cow, or a black ox. And neither can any sensible person insist that because the color of the meat of the chicken differs from beef, therefore it is better, for that reason, than beef. As regards flavor and taste, these have to do with individual peculiarities both in these meats and in the person who eats them. They in no wise change the fact that chemically all flesh is alike, that the differences are purely superficial and do not make one kind of meat better than another.

The only difference that really can be allowed between one and the other, is when the meat of one animal is much fatter than the meat of another, or when one animal is in better health than the other at the time it is slaughtered. Otherwise there is really no difference worth discussing. Meats of a chicken is a protein as well as that from a cow, an ox, a pig or a sheep.

How to Cook Vegetables and Fruits

After the vegetables are thoroughly washed and cut into pieces as desired, place them in the cooking vessel, adding only enough water to keep them from burning, cover the vessel closely with a lid and let them steam slowly in their own juices.

The leafy vegetables (cabbage, spinach, kale, etc.), usually contain almost enough water for their own steaming.

Cook all vegetables only as long as is required to make them soft enough for easy mastication. Do not throw away a drop of the water in which such vegetables as carrots, beets, asparagus, oyster plant, egg plant, etc., have been cooked. Use what is left for the making of soups and sauces.

The organic mineral salts contained in the vegetables, readily boil out into the water. If the vegetables, as is the usual custom, are boiled in a large quantity of water, then drained or, what is still worse, pressed out, they have largely lost their nutritive and medicinal value. The mineral salts have vanished in the sink, the remains are insipid and indigestible, and have to be soaked in soup stock, and seasoned with strong condiments and spices, to make them at all palatable.

Fruits and berries are best eaten raw, although they may be stewed or baked. Very few people know that rhubarb and cranberries are very palatable when cut up fine and well mixed with honey, being allowed to stand for about an hour before serving. Prepared in this way, they require no other sweetening and therefore do not tax the organism nearly as much as the ordinary rhubarb or cranberry sauce, which usually contains an excessive amount of sugar.

Cooking of Fruits.

It is better to cook apples, cranberries, rhubarb, strawberries, and all other acid fruits without sugar until soft, and to add the sugar afterwards. Much less sugar will be

required to sweeten them sufficiently than when the sugar is added before or during the cooking.

Enough has now been said about foods in this and other articles in this volume to satisfy all who are really interested in the truth about this important subject.

For those who seek exact guidance as to what to eat each day—the following menus are recommended.

Following are Maximum Menus

The patient or follower may eat as much less than is stated below as is desired. More, however, should rarely be eaten.

When a certain procedure is outlined in the menus, it should be observed as carefully as possible. For instance, if a menu should state, "1 orange, 1 glass of milk, 1 orange. 1 glass of milk,"—these foods and beverages should be eaten or drunk in the order in which they are mentioned.

In the preparation of all foods for the table,—little or no oil should be used, and no vinegar, ketchup, or special sauces of any kind, and very little of other condiments.

Table salts should be used very sparingly. Spices should be applied in minute quantities, if at all.

Foods should not be creamed, or cooked in any very fanciful manner.

There should be a minimum of variety at any one meal,—though one meal may vary very widely from another.

Some raw fruit, or vegetable, should be eaten at every meal.

How to Follow Menus

When the meat of a fowl is included in the following menus, it is not intended as a compulsory article of diet. It can be included or left out at will. It is only added to satisfy those who crave a little animal food. Likewise, if anyone should find fowl once a week insufficient for their needs or desires—meat, fish, fowl, eggs or cheese may be eaten a little more frequently in small portions without very much harm.

Canned Foods Should be Avoided as Much as Possible

Where chronic ailments, or weaknesses, are present, however, animal foods should be dispensed with altogether or nearly so, until a cure has been accomplished.

In the fruit fast, fruit diet, fruit and nut or fruit and milk diet, that follow, only sample-menus for from one to three days are given. If relief is not obtained in a day or two this diet should be continued for as long as may be deemed advisable by the patient. One may, for instance, begin with the "Extreme Fruit Fast," continue with the "More Moderate Fruit Fast" and then continue indefinitely on the "Fruit Diet." No harm can result from these latter diets no matter how long they are persisted in. After trying these more extreme menus from one week to two months, however, it is as a general rule, best to go over to the regular summer or winter menus. These latter menus are more substantial and satisfying, for the average person, and can be continued forever with the most excellent results.

Of course, it is expected that each individual who follows these menus will change and alter them somewhat to suit their own individual needs and tastes. There is no harm in this as long as the general principles of correct diet are adhered to. It is in fact intended that all of these menus should only act as "sample menus." Each individual can make up his or her own menus for every purpose and for as long a time as is desired—using the following list only as a general guide.

The only exception to this procedure is in the "Fruit Fast," where experiment is not advisable no matter how monotonous it may prove. Continue to follow it as long as it may be necessary and the results will amply compensate you.

CURATIVE MENUS

Extreme Fruit Fast

FIRST DAY:

Breakfast: 2 oranges

Lunch: 2 oranges

Dinner: 2 apples

SECOND DAY:

Breakfast: 2 oranges

Lunch: 2 pears or peaches

Dinner: 2 apples

More Moderate Fruit Fast

FIRST DAY:

Breakfast: 3 oranges

Lunch: 1 orange and 2 apples

Dinner: 3 apples

SECOND DAY:

Breakfast: 1 grapefruit and 2 oranges

Lunch: 2 oranges and 2 apples

Dinner: 3 apples

THIRD DAY:

Breakfast: 2 grapefruit and 2 oranges

Lunch: $\frac{1}{2}$ lb. grapes, 1 orange and 2 apples

Dinner: 3 apples

Fruit Diet

FIRST DAY:

Breakfast: 3 grapefruit and 1 apple

Lunch: 3 oranges and 3 apples

Dinner: 2 pears, 3 apples and $\frac{1}{2}$ lb. grapes

SECOND DAY:

Breakfast: 2 oranges and 4 apples

Lunch: 2 pears, 1 orange and 3 apples

Dinner: $\frac{1}{2}$ lb. grapes, 3 oranges, 4 or 5 apples

Fruit and Nut Diet

FIRST DAY:

Breakfast: 2 oranges, $\frac{1}{4}$ lb. walnuts, 3 apples

Lunch: 2 pears, $\frac{1}{4}$ lb. pecans or filberts, 3 apples

Dinner: 2 oranges, $\frac{1}{4}$ lb. walnuts, $\frac{1}{2}$ lb. grapes, 3 apples.

Fruit and Milk Diet

FIRST DAY:

Breakfast: 1 orange, 2 glasses milk, 1 orange, 3 glasses milk, 1 orange

Lunch: 2 glasses milk, 1 grapefruit, 2 glasses milk, 1 orange, 1 glass milk, 1 orange

Dinner: 1 orange, 3 glasses milk, 1 orange, 3 glasses milk, 2 or 3 oranges

SECOND DAY:

Breakfast: 2 oranges, 4 glasses milk, 2 apples

Lunch: 3 glasses milk, 1 orange, $\frac{1}{2}$ lb. grapes, 2 apples

Dinner: 3 glasses milk, 1 orange, 1 glass of milk, 2 pears or apples

SUMMER MENUS

Monday

BREAKFAST

Strawberries with honey and milk
1 or 2 oranges
1 or 2 glasses of milk

LUNCH

Bowl of milk with whole wheat
crackers
Whole wheat, lettuce and cucumber
sandwich—no dressing of any kind
Peaches or pears.

DINNER

Large salad of red radishes, cucum-
bers, green peppers, tomatoes,
young green onions, celery
2 or 3 slices of whole wheat bread
2 or 3 raw apples.

TUESDAY

BREAKFAST

Blackberries with honey and milk
2 or 3 peaches
1 or 2 glasses of milk.

LUNCH

$\frac{1}{2}$ lb. grapes
2 bran or whole wheat, biscuits
Glass of milk
 $\frac{1}{4}$ lb. cherries or 2 apples.

DINNER

Salad—consisting of lettuce,
shredded raw carrots, shredded
raw cabbage and celery
Vegetable soup—consisting chiefly
of carrots, celery, leeks, parsley,
small amount of green peas with
pod or string beans.
Dish of huckleberries
Plums.

Wednesday

BREAKFAST

Raspberries with honey and milk
2 pears
Bran Muffins
Milk

LUNCH

Cottage cheese with buttermilk
Watermelon.

DINNER

Combination Salad
Corn-on-cob
Boiled Brussels Sprouts with
baked potato
Rhubarb
Gooseberries

Thursday

BREAKFAST

Casaba Melon
Sliced peaches with honey and milk
Milk.

LUNCH

Bowl rice with honey and milk
Lettuce and radish sandwich
Pure lemonade

DINNER

Combination salad
Boiled string beans, peas with pod,
spinach
Applesauce
Stawberries.

Friday

BREAKFAST

Cantaloupe
2 or 3 pears
Milk.

LUNCH

Figs, raisins and dates
Honeydew melon
Pure orangeade.

DINNER

Lettuce and Tomato Salad
Asparagus, beets, baked potato
Apricots
Apples.

Saturday

BREAKFAST

Raspberries with honey and milk

SUMMER MENUS

Whole wheat toast with honey
Milk
Grapes.

LUNCH

Lettuce and cucumber sandwiches
Buttermilk
Cherries.

DINNER

Combination salad with young
onions
Corn-on-cob
Boiled cauliflower, onions Brussels
sprouts
Loganberry or grape-juice
Whole wheat crackers
Fruit.

Sunday

BREAKFAST

Watermelon

Whole wheat muffins
Milk.

DINNER

Combination salad
Small piece of broiled, fresh killed
fowl if desired
Applesauce
Spinach, asparagus, celery
Huckleberries
Lemonade.

SUPPER

Fresh tomato soup
Lettuce and cream cheese sand-
wiches on whole wheat bread
Home-made whole wheat cake
Lemonade

WINTER MENUS

Monday

BREAKFAST

1 or 2 oranges
1 or 2 shredded wheat biscuits with
honey and milk (milk can be tepid
if desired)
1 or 2 slices whole wheat bread
with home-made jam (preserved
only with brown sugar), or butter
(spread very thinly)
1 or 2 glasses of milk.

LUNCH

2 lettuce and tomato sandwiches
on whole wheat bread—no
dressing
Milk
1 or 2 apples

DINNER

Combination salad—consisting of 3
current raw vegetables sliced—
no dressing
Boiled carrots, parsnips, spinach

1 or 2 apples.
No bread.

Tuesday

BREAKFAST

Grapefruit
Cornflakes with honey and milk
Postum or cocoa
1 or 2 slices whole wheat bread
with honey.

LUNCH

Lettuce and tomato salad
Milk
Whole wheat or bran muffins
Apples.

DINNER

Vegetable soup
Boiled cabbage, beets, onions, peas
with pod
Stewed prunes
No bread
Apples.

WINTER MENUS

Wednesday

BREAKFAST

1 or 2 pears
Wheatena with honey and milk
Whole wheat muffins
Milk.

LUNCH

Combination salad
Dates and nuts
Milk
Baked apple.

DINNER

Lettuce and tomato salad
Cauliflower, spinach, baked potato,
carrots (eat jacket of potato)
1 or 2 apples.

Thursday

BREAKFAST

1 or 2 oranges
Grape-nuts with honey and milk
Whole wheat toast with honey
Milk.

LUNCH

2 lettuce and tomato sandwiches on
whole wheat bread
Buttermilk
1 or 2 apples.

DINNER

Fresh tomato soup
Lettuce and tomato salad
Onions, parsnips and beats
Celery
1 or 2 apples.

Friday

BREAKFAST

Grapes
Shredded wheat with honey and
milk
Whole wheat toast with cottage
cheese
Milk

LUNCH

Nuts, raisins, figs, celery
Whole wheat muffins
Milk.

DINNER

Combination salad
Baked potato with jacket
Spinach, carrots
Baked apple.

Saturday

BREAKFAST

Grapefruit
Cornflakes and milk
Whole wheat bread with honey
Postum or cocoa.

LUNCH

Lettuce and tomato salad
Milk
Whole wheat biscuits
Apples.

DINNER

Vegetable soup
String beans, spinach, cabbage,
peas with pod
Applesauce.

Sunday

BREAKFAST

Oranges
Milk.

DINNER

Combination salad
Small piece of fresh-killed fowl, if
desired
Baked potato, spinach, rhubarb
Nuts
Apples.

SUPPER

Whole wheat sandwiches consisting
of cream cheese mixed with
home-made jelly
Cocoa or milk.

The Best Foods to Eat, in the Order of Their Relative Values, Are:

FIRST—*Fruits and Berries.* Berries of every sort, Pine-apple, Oranges, Grapes, Grape-fruit, Lemons, Apples, Plums, Pears, Cherries, Persimmons, Peaches, Apricots. And practically every other kind of fruit.

Dried-fruits, such as Prunes, Dates, Figs, Raisins, etc. (Avoid the bleached varieties.)

Bananas as an article of regular diet are not advisable, however, except for people possessing good digestive powers.

SECOND—*Vegetables.* Lettuce, Spinach, Watermelons, Muskmelons, Cantaloupes, Pumpkins, Squash, and the rest of the melon family. Celery, Cabbage, Watercress, Rhubarb, Parsley, Brussels Sprouts, Savoy Cabbage, Scotch Kale, Carrots, Leek, Endive.

Next to these in general value to the body are: Cucumbers, Tomatoes, Green Peppers, Radishes, Onions, Asparagus, Beets, Cauliflower, Ochra, Parsnips, fresh String Beans.

THIRD—*Vegetables to be eaten sparingly.* Turnips, Potatoes, Peas, Beans, Lentils. Peanuts, though usually included in the pea family, must be given special mention, as it is one of the very hardest foods to digest.

FOURTH—*Grains and cereals to be eaten sparingly.* These should always be eaten in their whole or natural state and sparingly, as the body does not require much of them, and eating these foods in quantity is injurious. Not more than half a pound a day of such foods for anybody is a good rule. All grains and cereals are included in this category. For instance:

Whole wheat bread, Shredded wheat, Corn flakes, Whole corn bread or muffins, Pumpermickel or whole rye bread, Wheatena, Whole Buckwheat, Brown rice, Unpearled barley. Last of all and least of all oats or oatmeal.

Milk, sour milk, buttermilk, fresh white cheese and cream are good foods, but cheese and cream are rather heavy for the average person. Honey is excellent for sweetening purposes, also to a degree maple sugar and ordinary brown sugar.

Avoid white sugar and saccharine, and all products into

which they enter. They are very harmful to the teeth and bones, in fact to the entire body.

Nuts of all kinds, though we refer to them last of all, rank highest in food value, being slightly deficient, however, in mineral salts. Therefore they should be eaten sparingly except in winter time, when (next to fruit) they are the very best of foods.

CHAPTER XXXII

NATURE'S MEDICINE

The following were prepared by an experienced California Naturopath, and undoubtedly contain some valuable health hints. These are surely better than the drug store products:

ALMONDS

Useful in cases of dysentery and affections of the urinary organs; excellent for brain, muscle and nerves. All nuts, being a strong food, should not be eaten late in the day, or between meals, but should be taken with plenty of fresh fruit only as a complete meal.

APPLES

"The King of Fruits." Good for hot and bilious constitutions. All who suffer with acidity, gout, jaundice, indigestion, sluggish liver, nervousness, skin eruptions and allied troubles will find them beneficial. They promote sound and restful sleep.

APRICOTS, PEACHES, NECTARINES

Very good for those suffering with worms and consumption.

ARTICHOKES

Very useful in cases of dropsy and jaundice.

ASPARAGUS

Easily digested; exerts a gentle, stimulating action, inducing perspiration, cleansing lungs and kidneys; excellent in asthma, consumption and Bright's disease.

BEETS

Promote digestion, are good for affections of the brain, eyes, jaundice, erysipelas and all skin diseases. Leaves to be used like spinach.

BLACKBERRIES

Very good in diarrhoea, dysentery, fevers, kidney diseases.

CABBAGE

Antiscorbutic; good for afflictions of the eyes, asthma, consumption, gout, scurvy; in building enamel of the teeth, nails and hair.

CAROB OR LOCUST PODS

A valuable food; good for persons with bilious or nervous temperament.

CARROTS

Good in cases of asthma, nervousness and dropsy; beautify complexion and hair.

CAULIFLOWER

A variety of cabbage and has similar food value.

CELERY

Excellent for brain fag, neuralgia, rheumatism, scrofula, gout, sciatica and obstructions of the liver and kidneys.

CHERRIES

The black are good for stone and gravel; red for removing tough phlegm humours.

COCOANUT

An excellent food; the fresh nut, ground and mixed with its own milk, will expel tapeworms; the milk is useful in all cases of fever and exhaustion.

CRANBERRIES

Good for cancer, liver troubles, bile, scurvy, erysipelas; makes an excellent drink in asthma, fevers, etc.

CUCUMBERS

For acne, ulcers of the bladder, erysipelas and other inflammations; improve the complexion.

CURRENTS (BLACK)

Form one of the most useful fever beverages, also good for coughs, colds, sore mouth and throat.

CURRENTS (RED OR WHITE)

See cranberries.

DANDELION

Good for ague, consumption, dyspepsia, dropsy, gravel, liver and kidney troubles. The root makes an excellent drink, a great blood food.

DATES

An excellent food; good for those with poor circulation, as they give heat to the whole body.

ELDERBERRIES

Excellent for sore throat, coughs, colds, etc.

ENDIVE

Good for liver, kidney or heart

trouble; dimness of sight, for fevers, scurvy, jaundice.

FENNEL

Gives great relief in obstructions of the liver, spleen and gall; useful in jaundice, obesity, etc.

FIGS

An excellent food; an invaluable also for cancer, dropsy, scurvy, etc.

FILBERTS

Good for those who follow hard outdoor labor.

GARLIC

A stimulant, and good for asthma, dropsy, fevers, hysteria and worms.

GOOSEBERRIES

Good for liver and stomach affections.

GRAPES

"The Queen of Fruits"; rich in chlorine, glucose, iron, lime, magnesium, phosphoric acid, potash, silicic acid, soda, sulphuric acid, tartaric acid, etc. Grapes are excellent blood builders, good for consumption, dyspepsia, fevers, liver and kidney complaints, piles, etc.

HONEY

A concentrated food, easy of assimilation, imparts warmth and energy. As a remedial agent has many uses, excellent in throat and lung affections and in diseases of bladder and kidneys. Is a laxative and sedative.

LEMONS

Good for biliousness, dyspepsia, low fevers, gout, rheumatism, scurvy, liver and kidney troubles. A powerful anti-scorbutic.

LETTUCE

Contains much iron and therefore good for anemic persons; recommended in insomnia, irritation of the stomach, dyspepsia, etc.

MELONS

An excellent kidney cleanser.

MINT

Good for bowel complaints, affections of the heart, smallpox, etc.

ONIONS

Are food for the blood and cleanse the whole system; good for insomnia, nervousness, coughs, etc.

ORANGES

Good for bronchitis, asthma, liver and heart troubles, for toning up the system and purifying the blood.

PARSLEY

An excellent remedy for dropsy, gravel, kidney and liver troubles, syphilitic affections and enlarged glands.

PARSNIPS

Good for dyspeptics.

PEARS

Are laxative when soft and ripe.

PEAS

Are good for hypochondria.

PINEAPPLE

An excellent remedy for diphtheria, sore throat, etc.

POMEGRANATES

Good for sore throat, lung complaints, hemorrhages, tape worms, etc.

POTATOES

An excellent stomach cleanser.

QUINCES

And honey for laxatives, good in all stomach troubles, and will stop vomiting.

RADISHES

Excellent in treating gall stones.

RAISINS

Furnish sugar in its purest and most concrete form. A fine heat and energy food.

RASPBERRIES

Good in cholera, sore throat, fevers, etc.

RHUBARB

Nature's most wholesome substitute for vinegar. A fine tonic and eliminator, good for cancer.

SAGE

Valuable in lung complaints, piles, rheumatism and for checking flatulency.

SPINACH

Good in anemia, heart disease, piles, stomach and kidney trouble.

STRAWBERRIES

Are good for acne, gout, ringworm. For outward application the strawberries will cure old wounds, ulcers, sore eyes and inflamed parts.

TAMARINDS

Useful as a drink in fevers, jaundice, colds, etc.

TOMATOES

Beneficial in dyspepsia, inflammations, one of the best correctors of the liver. Splendid kidney remedy.

TURNIPS

An excellent appetizer, good for ulcers of the bladder and all skin diseases, and bone material.

VEGETABLE MARROW (Pumpkin)

Excellent in fevers and all inflammatory diseases.

WALNUTS

Pounded with honey are good for quinsy and sore throat.

WATERCRESS

A powerful blood cleanser, good for all obstructions of liver and kidneys, anemia, scurvy, etc. Also useful in disorders of the brain and bladder.

WHEAT MEAL

Made into a jelly and mixed with honey is good for all lung troubles, gout, hoarseness, rheumatism, etc.; also good for chilblains, ulcers and boils, if applied externally.

CHAPTER XXXIII

OVER-WEIGHT AND UNDER-WEIGHT

How To Gain Weight

The causes for the above conditions are many, but the chief cause in both cases is wrong diet, and either insufficient activity, or wrong activities.

People who are under-weight are usually of a nervous temperament, though this is of course not true in every case.

It may be taken as an axiom, however, that if you would gain weight, the first rules to observe are,—“don’t fret,—don’t worry,—don’t be too intense or too emotional about things, especially things that don’t really count.”

For thin people the Health Menus (which you will find in this book) will prove a good start towards gaining weight, because they contain a balanced natural diet,—while people who are under-weight are so, largely because of wrong and unbalanced diets.

Add gradually to this menu a little more milk and a few added slices of whole-wheat bread,—and after a while a baked potato or two, never stuff yourself, however. Eat only when you are hungry, and while you are hungry.

Take long, slow walks, or walks at a moderate pace. Exercise daily—for exercise develops your muscles and makes room for additional weight.

Dumbell exercise and weight-lifting are also helpful in building up a man’s or a boy’s body,—but such strenuous exercise is not necessary for women.

Plenty of sleep is also an essential in increasing weight. Also remember to drink water whenever you are thirsty. Don’t delay hours at a time before taking a drink as long

as you feel the need for it. But don't drink for the sake of gaining weight.

How To Reduce Weight

Fat people nearly always eat far more than they should and nature takes the surplus nourishment and stores it away all over the body in the form of fat.

Lack of activity keeps the fat on the body after over-eating and wrong-eating have put it there.

An active body can never be really fat,— so the person who is over-weight must cultivate the habit of taking long brisk walks, and of going through a system of exercise daily, such as you will find described in these pages.

Other activities must also be resorted to, if necessary, to keep both body and mind brisk and active.

The diet for a fat person should consist as much as possible, of raw fruits and raw green vegetables. These are not fattening and will soon reduce over-weight without harming the body in the least.

Bread, cereals, pastries, candies, milk and fatty stuffs must be avoided altogether, or eaten sparingly by the person who is over-weight.

No fat-reducing medicines should be used. Their effect on the general health is very destructive.

No special garments should be worn as these also are very injurious.

CHAPTER XXXIV

EXERCISE

The bible says man must earn his living by the sweat of his brow. Nature says the same thing. But if a man insists on earning his living by being a lawyer, an executive or an office worker of some sort, or following some other sedentary occupation which requires very little physical exertion, and thus causes very little sweat, he must find other means of bringing perspiration to his brow.

Until a few short years ago, ninety percent of the people had to earn their living by cultivating the soil, or some other form of hard work. Little by little however, modern inventions have done away with the need for physical labor on the part of most men and women. Modern transportation has even taken away the need for walking. Natural man had to climb the trees, chase after animals or flee from them. He had to throw stones, carry a heavy club on his shoulder, handle a spear and a bow, etc. and make long pilgrimages in search of new hunting grounds, or new living places. His wife carried the family's belongings, as well as one or two infants on her back or in her arms. Modern men and women need do none of these strenuous things in order to earn a living, or to get about. Nevertheless, the bodies that men and women have today have been inherited from their sturdier ancestors, and the same need for exercise and movement exists for people today as existed in the past. The body that has been developed and built up by countless centuries of tree climbing, forest-ranging, canoeing, hunting, fighting, agriculture, home building and artisanship, cannot of a sudden be made idle, and continue to look and to function as of old.

Men cannot suddenly shut themselves indoors and substitute the scrape of a pen, or the touch of a lever, for the club, the scythe and the axe, and still retain strong and robust bodies, good lungs and sound nerves. Exercise is man's modern substitute for the natural activities of the past, and unless we exercise daily, the body which was kept hard by satisfying the instinctive need for food and shelter and safety, begins to soften and weaken from lack of normal activity. It is not a question of choice whether we wish to exercise or not—we must exercise if we are to keep fit at all.

What Exercise is Best?

There are hundreds of different exercises, and there are scores of methods of exercising, that differ widely one from the other. The devotee of each system believes that his system is the best of all, and that no other system is very much worth while. The fact is that practically every system of exercising has its value, and that while one will prefer one system of exercise, another will prefer a different system. An individual who has found a good system from which he has derived great benefit and with which he is well satisfied, will hardly care to look around for another, perhaps better system. Though practically all exercise is good, some systems undoubtedly hold a decided advantage over others, and if one will look long enough, one may find better exercise-methods, no matter how good the system may be that is already being followed. The very best of all systems however is a combination of the best elements in all, the better and more effective, and more sensible systems in use.

Many years of investigation in this field will always lead the thinking observer to the realization, that no one man has the entire truth on this subject, and a system based on the best elements, in all the other good systems, ought to have advantages over any individual system. As a matter of fact, this has been proven to be so true that it is the greatest pride of the athlete when he can say "I am an all-around athlete." No matter what his hobby or specialty

may be he wants to be considered as one who is wide in his experience and acquirements. He likes nothing better than to say that he has mastered many systems of exercise and activity, and the true all-around athlete will always credit the value of other systems aside from the one he may like the best.

An All-Around System

The true all-around system of exercise to be followed at home should combine light calisthenics without apparatus, done smoothly and easily, as well as movements that are more strenuous, done with apparatus. There should also be a little light dumbbell work, a snatch of intermediate dumbbell work and where possible, a little of occasional heavy weight lifting. Where convenient, the horizontal bar should be installed in a doorway and used at least for chinning, though other bar work may be indulged in as well. Springs and pulleys may be used occasionally where room and other considerations permit. A little resistance work in which one muscle is opposed to the other, is also beneficial if large and graceful muscles are to be developed.

Real strength cannot be built up on a succession of light movements alone. The doing of light movements for a great length of time only enables one to do a great many more light movements, although it also builds up a certain amount of strength. For real development, however, some form of resistance is necessary, for nature only develops a muscle as necessity dictates. When one attempts to lift a reasonably heavy weight, the muscles do their best to respond, and in time it is possible to lift such a weight, through the increased size and strength of the muscles.

If a child in school were kept studying the same lessons and more difficult lessons were not added, the child's brain would not develop very much. Only the increasing difficulty of its work can force the mind to develop in order to keep pace. The same thing holds true of the body.

The accompanying system of exercise is so arranged

as to give the body ease and swiftness of movement, as well as to develop it. If it is fully followed for ten to fifteen minutes daily, it will help greatly to keep the body fit and fine.

If an all-around development of the finest sort is desired, then the individual will have to go further, and learn to do the advanced exercises that combine the best elements not only in calisthenics, but in the apparatus work that gets ultimate results.

No great athlete in the history of the world ever built up his body on light movements alone. This latter statement should be remembered by all who seek real strength and perfect development. However, for the average man or woman, a better combination of health-giving movements without apparatus could hardly be found. It is formed of the best in several of the most famous exercise systems of the present day.

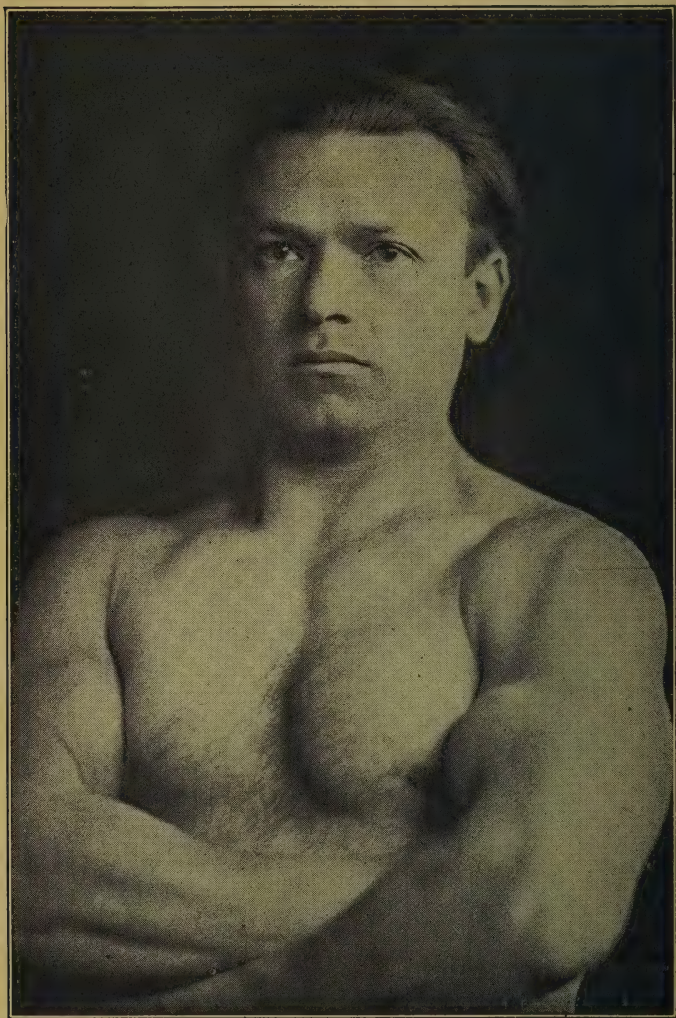
The Best Time To Exercise

The best time is about four to six in the afternoon,—for then the internal heat of the body is at its highest and all the body powers are at their best. For practical reasons, however, the best time to exercise is shortly after rising, and before eating. To exercise at this time is to make a habit of it such as will be hard to break.

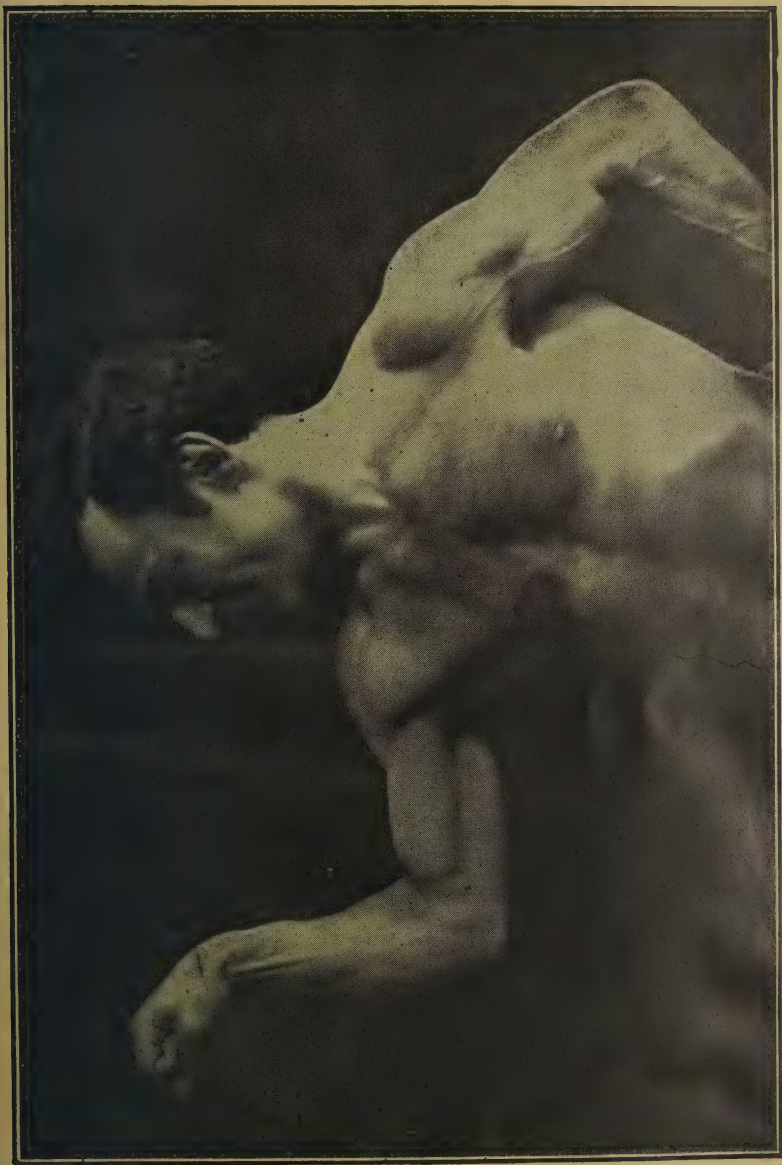
Duration of Daily Exercise

From five to ten minutes every day is better than two hours exercise twice a week. Though twenty minutes to half an hour's exercise each day would not be too much if it were strictly adhered to. Five or ten minutes a day is a most practical limit because one is more certain to stick to it, especially if so little will help one to keep fit,—and it will if it is done properly.

What proper exercise will accomplish, when the rules of correct living are followed, is shown in the pictures of Mr. Bullock and Mr. Stogel.



EDWIN J. ROSS



ALBERT STOGEL

ALBERT STOGEL, ONE OF MY PUPILS

Mr. Stogel came to me about five months ago weak and sickly. He suffered from a dozen ailments, particularly neuritis and constipation. He is in perfect health now.

Lack of space prevents the showing of more photographs of my pupils who have been graduated from my present gymnasium.

A list of my pupils would include some of the most famous men in public life, who have come to me for personal instructions. Some of the best known physical culture experts of today would also figure in such a list.

If you wish to build up a powerful body and superb health under my personal direction, I am prepared to take you as one of my pupils.

SERGEANT WILLIAM BULLOCK

Mr. William Bullock, formerly sergeant in the United States Army, now a prominent physical training expert, poses for the following exercises.

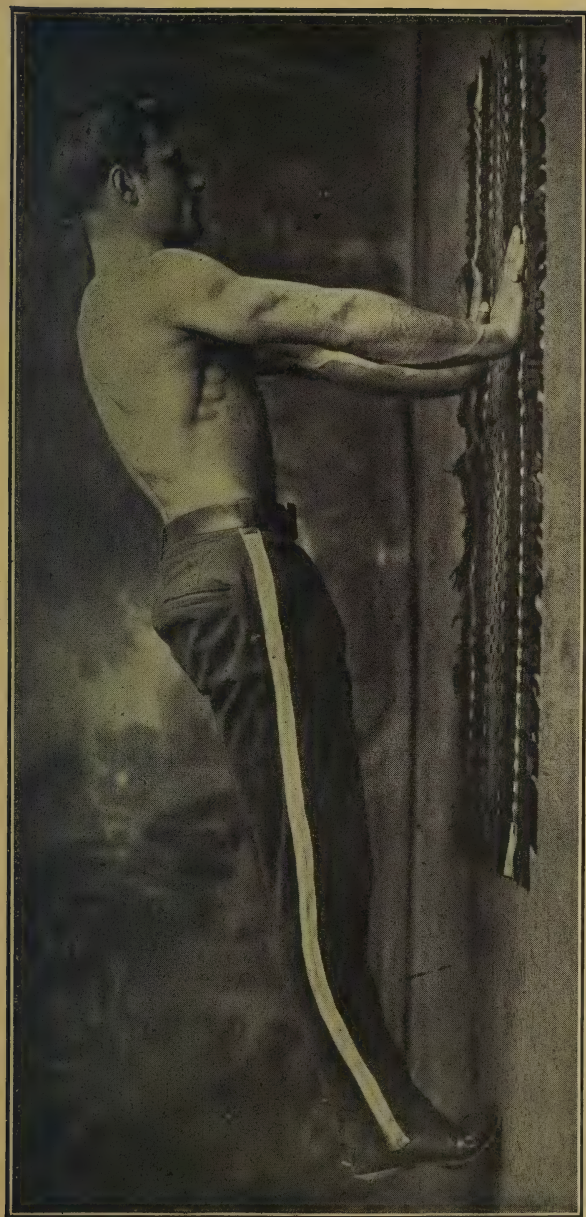
Mr. Bullock is a splendid example of what real health and development will do.

While serving overseas, he was poisoned with chlorine gas, the deadly effect of which is well known. On account of his splendid physique and lung power however, Mr. Bullock lived through it and is now as healthy and active as ever before.

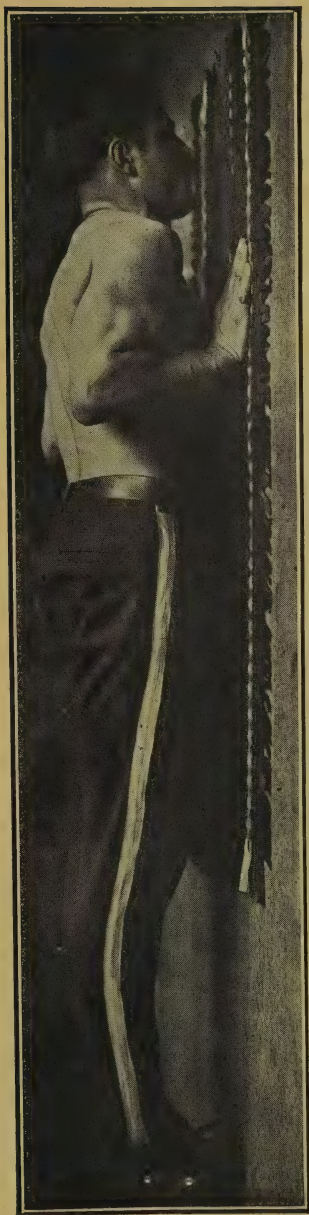
Shortly after the war, Mr. Bullock captured the heavy-weight boxing championship of the United States Army. He still possesses the gold belt which is emblematic of this honor. He has never been defeated in boxing or in wrestling.

It is doubtful if a better built man can be found anywhere in the world.

He is a true and remarkable example of what natural living and effective exercise can accomplish.



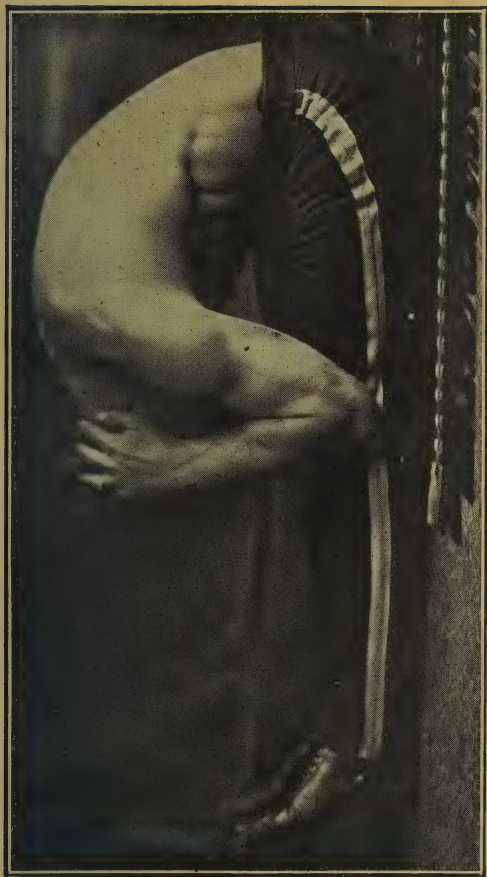
This is the first position of the "Dip" which is unquestionably the best exercise known to modern gymnastics. Posed by Wm. Bullock, former Heavy-weight Champion of U. S. Army.



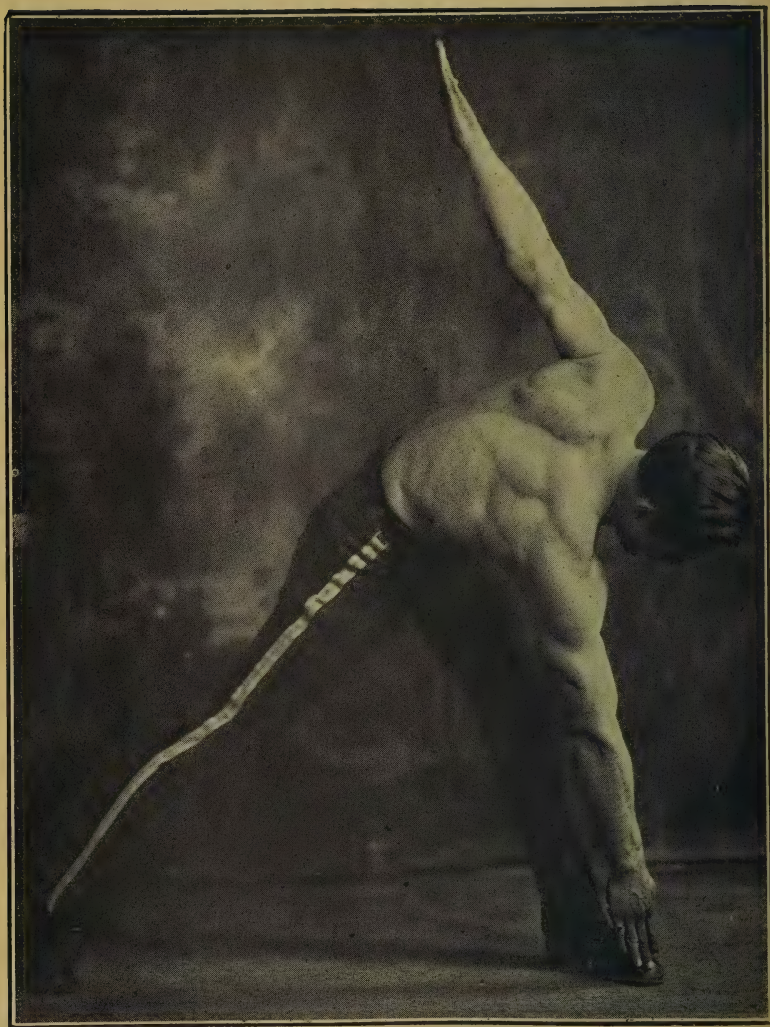
This is the second position of the "Dip". Push the body up,—then come down until your chest and chin almost touch the floor. Continue until you are quite tired,—or until you are beginning to slow up in your movements.



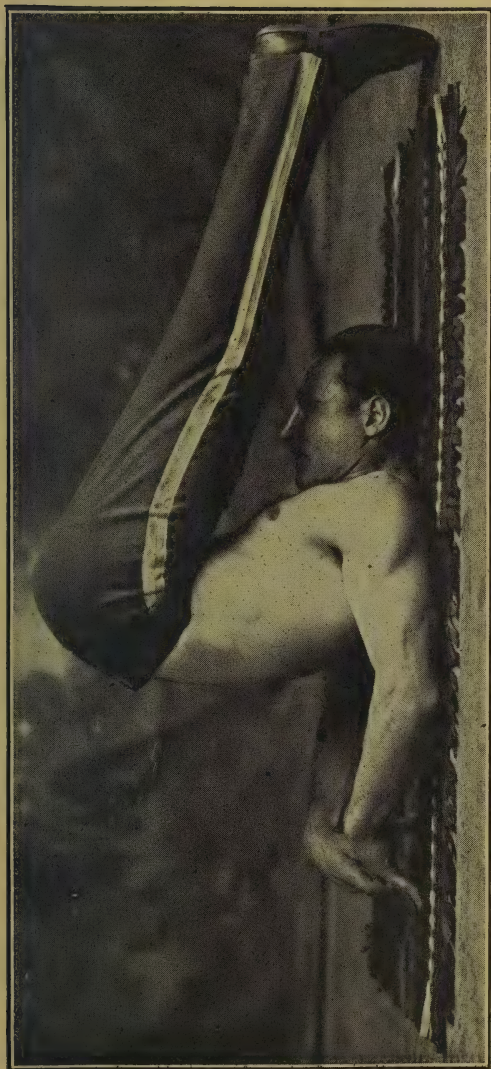
First Position. Lie flat on your back. Lace fingers behind head. Come up to a sitting position. Repeat from five to fifteen times



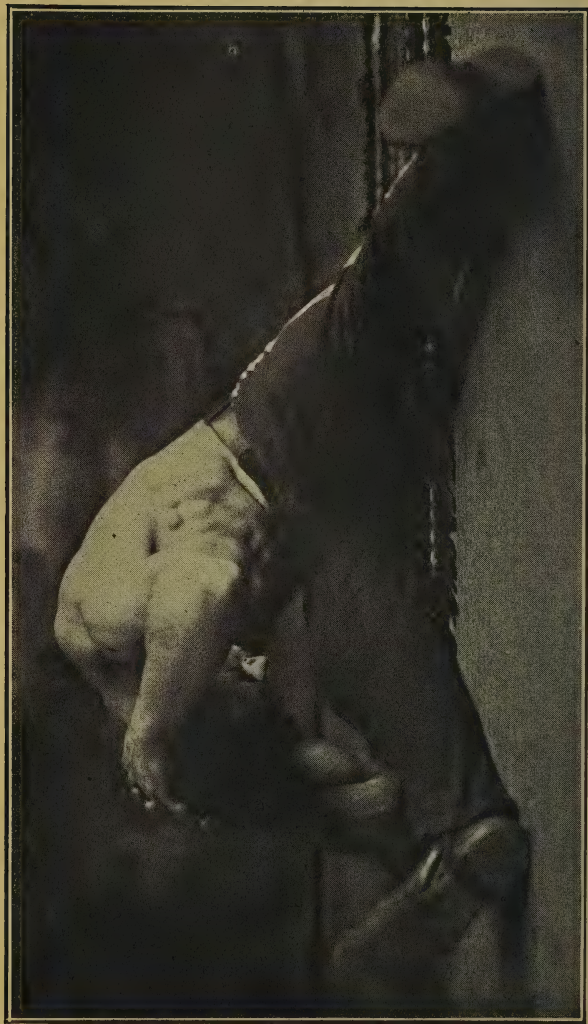
Second Position. This is the second position of exercise No. 2. As the illustration shows,—the body should be brought as far down as possible,—the elbows being brought past the knees.



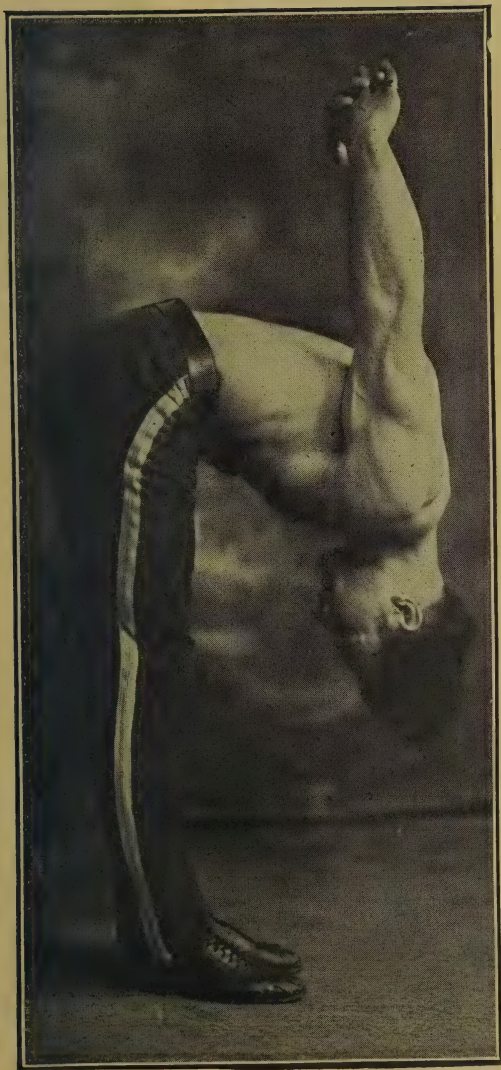
Stand erect, legs far apart, arms thrust out horizontally straight from shoulders. Bend far over as shown in illustration. Touch toes with hand. The other arm should be swung up with the same motion of the body. While the body remains bent forward, the position of the arms is reversed. Do this with spirit but not too rapidly. Repeat ten to thirty times.



Lie flat on back,—clasp one hand over the other underneath the lower back. Press hands on floor and swing legs up and over until the the final position finds the body doubled up, —with the feet close together, toes touching floor and the knees rigid as shown in the above illustration. Repeat from five to fifteen times.



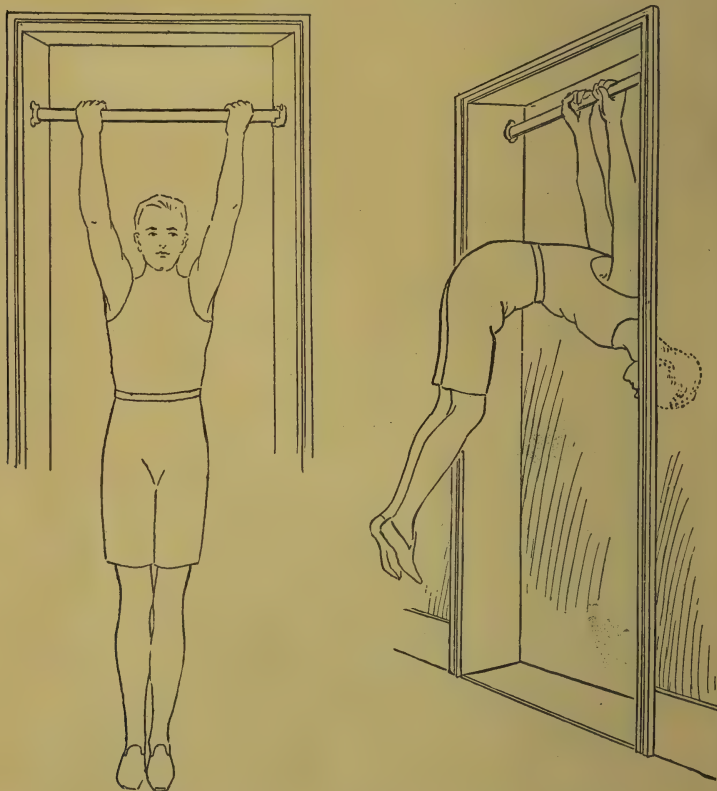
Spread legs apart while sitting upright. Clasp hands behind head. Bring the head forcibly over towards one knee. Sit up in first position and bend over towards other knee. Repeat from ten to thirty times.



Clasp hands behind the back. Swiftly bend the body as far over as possible. At the same time the arms should be thrown forward as shown in this illustration. Come back to rigid upright position. Repeat five to fifteen times.

The Horizontal Doorway Bar

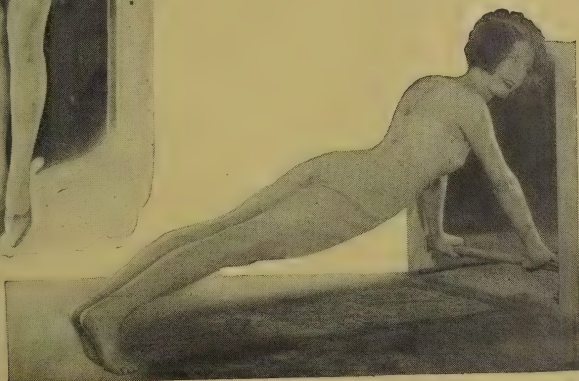
The accompanying illustrations show the doorway bar and several exercises that can be done on this bar. Many other exercises can be done very effectively on it, as anyone who has ever used horizontal bars knows.



The bar is removable and need not be in the doorway except when in use. It is an article of great merit, easily attached and does not wear out. Some of these bars have been in constant use for ten years and appear to be still as good as when they were first put up. They will support a weight two to three times as great as they will ever be called upon to hold.

In various department stores and sporting goods shops, where doorway bars of any other design are sold, the price

for one bar with one set of sockets, is usually from three to five dollars. This bar with two sets of sockets, can be had for three dollars. The ordinary bar sold for this purpose does not fit properly in the ordinary doorway. The sockets usually interfere with the closing of the door. The bar is also not fixed firmly and lifts off at the top so there is danger of the bar coming out of the sockets while it is in use. The bar pictured here cannot possibly come loose except when it is desired to detach it, and takes exactly one second to do this. The ordinary sockets are made



of iron. The sockets that come with this bar are made of bronze. They never wear out nor rust and always look more like an ornament in the doorway than the holders for such a useful exerciser.

Nothing in the world will so build up the upper body as chinning the bar or other upper bar work. There is little that is half as good for the lower body as the exercise on the lower bar, which is accomplished while sitting on a chair, hooking the feet under the lower bar, bending backward and returning to a sitting position. This exercise is a favorite amongst professional athletes, especially fighters and wrestlers. It is the greatest abdominal strengthener known. It has no equal. Satisfaction is guaranteed to purchasers of this bar.

As the photographs of Mr. Bullock in this issue show, his biceps are powerfully developed. Few men can cope with him in this regard. Like nearly all perfect athletes or others who have powerful biceps, he developed them on



the horizontal bar. Realizing the importance of such a bar in every home, Mr. Ross set about designing one. Simple as this apparatus is in appearance, it took more than two hundred designs before these sockets were finally made so strong and light and small at the same time. Each one will hold up not less than seven hundred pounds and yet they are only little golden shells of metal.

[If you want one of these truly wonderful bars, send \$3.00 in cash or money order to Natural Health Association, 152 W. 42 St., New York City, Dept. K, and we will promptly send your bar (prepaid) with full instructions as to its varied uses, and also exactly how to put it up.]

"NATURAL" AND "SEMI-NATURAL" METHODS FOR THE RELIEF OF PAIN

CHAPTER XXXV

"Natural Methods" for the Relief of Pain

Pain is the result of an injury to the body. This injury may be due to wrong living or an accident. Whatever the cause may be however, pain is never a thing in itself. It is only a message from some part of the body to the brain that something is out of order and requires attention. To attend to the pain itself and to forget the cause, is to bring only a temporary relief at best. There are many medicines which relieve pain but all such medicines do more harm than good because they take the attention of the user away from the real malady and the tendency of nearly all pain killers is to establish a habit. When a person feels that there is always a remedy on hand which will drive pain away, there is an inclination to neglect the cause of the pain. When the cause is neglected, not only may the pains continue but the trouble grows constantly worse and in the end, serious bodily injury, or even death, may result from the failure to remove the habit of wrong living or other causes which are responsible for the pain.

All that has been said here however, does not seem of great importance to the individual who is actually suffering from severe pain of one kind or another. The desire for relief from pain is greater than all other desires at the moment. Therefore, it is necessary to investigate and to discover if there are methods of relieving pain which are less harmful than the drug methods, or the use of surgical instruments. It may be said without reservation, that there are such methods. These methods are easier, quicker to apply and bring relief as a rule, far more swiftly than any

other methods, with the exception of the most powerful drugs. Furthermore, these methods are absolutely harmless and cost nothing whatever to apply.

It might be asked of course, why the average physician does not make use of these methods. The answer is that the medical fraternity is continually searching for new drug methods, and pays no attention whatever to the more natural methods which can be instantly demonstrated as being superior, to any unbiased individual.

Natural methods are usually self-applicable. They rarely make use of the physician. Therefore the physician has little use for them.

Take for instance, the internal bath. While laxatives will unquestionably relieve constipation, they will take, on the average, from two to twenty-four hours to achieve a complete evacuation. The internal bath will accomplish better results without griping, or pains, and without bad after effects, in from five to fifteen minutes. This is only one instance where the semi-natural or natural, methods of relieving pain are incomparably superior to the ordinary drug methods. There are many other instances and methods, some of which will be explained in the following pages.

It should be remembered however, that in the application of natural methods, all present-day theories regarding the relief of pain must be discarded, because the natural way and even the semi-natural way which we propose for such relief, operate upon different principles from those which are usually followed by the medical fraternity. Instead of attempting to paralyze a nerve and in that way give relief, the natural method stirs up the blood, or cools inflammation, or draws out waste material from the body, or strengthens the nerves by pressure and other methods.

The patient need have no fear in applying these methods as no possible harm can result, and relief will usually be obtained in short order. When a pain has continued for a great length of time, it will usually take longer to bring relief than when the pain is instantly attacked by natural methods. This can be said however,—that if the natural, or semi-natural, methods are persisted in, relief will be ob-

tained at least as quickly as by drug methods and without the accompanying damage which drugs do to the body.

It may be necessary to explain in this connection, what we mean by "semi-natural" and "natural" methods.

"Semi-Natural" Methods

These are methods of relieving pain which make use of water, or cold packs, or other non-drug methods, in a way that may not be paralleled anywhere in the animal world or among savages. Natural methods, on the other hand, are those methods which are instinctively resorted to by both animals and men in a natural, or wild, state and which invariably are productive of good results. Such methods are the result of the promptings of instinct and of the natural reaction of man or of animals to their surroundings or conditions.

Many herbs, and other vegetable products, are also mislabeled natural, but it may be likewise stated that such methods are never resorted to by the true savage, or by animals in a wild state, and that no normal human being could take these bitter and nauseous things into his mouth nor place them in any way upon his body.

On the other hand, when an animal is wounded, it will often place its wound against the ground, or bathe it in the mud, or in plain clear water, for the purpose of drawing out the inflammation and cooling and relieving the wound. It is natural when feverish, to desire water, and water, both inside and outside the body is really the only sure and harmless method of relieving fever. It is natural when weak and sick, to lie down and it is really essential that the sick should lie down and rest. Activity, especially in a fever condition, is usually very dangerous and unnatural.

On the other hand, in the case of chronic sickness, activity can do little harm, and may in fact do a great deal of good. In a chronic condition of sickness, there is often a great desire for activity and so nature is itself dictating activity as a method of stirring up the natural forces and thus helping in a cure. Sometimes, however, a lethargy

comes over the chronic sufferer and only rest is dictated, and when this is so, rest is very essential.

Nervous people usually move about from place to place, hardly resting a moment and for such people, undoubtedly activity is a good thing,—in fact, still greater activity than is usually indulged in by the nervous patient, in other words, activity of a more strenuous sort, would help greatly to discharge excessive and disorganized energy, and in this way will help to quiet the nerves.

In the list following, a number of ailments which are characterized by more or less severe pains, will be taken up, and methods which have long been tried, tested and found effective, will be advised for their relief.

Headache

Headaches are usually produced by constipation. Therefore, the first thing to be done is to empty the bowel completely by means of the internal bath as advised, and explained in the article under that heading to be found, in this volume. Even where constipation does not seem to be the cause, it is advisable to empty the bowel, as the tendency of the blood is to throw poisons, which may be attacking the nerves of the head, into the bowel as soon as it has been cleansed. This stimulation of warm or cold water in the bowel likewise tends to stir up the blood in that region, and thus draw the blood from the head.

After the internal bath has been administered, or when it is impossible at the moment to resort to it, every effort should be made to accomplish an ordinary voluntary movement of the bowel. A cold compress may also be applied in the following manner. Soak a towel, or handkerchief, in cold water and place it around the top of the head just above the eyes. If the eyes are covered up as well and the patient lies down, the headache will be all the more quickly relieved. If this is impossible, keep the towel around the top of the head, particularly over the region where the pain is strongest. Change the towel not more frequently than every hour. Simply soak it again in cold water and wring it out.

If the pain is very severe, apply another cold compress

around the throat. If convenient, to hasten relief, take the natural bath as advised in these pages, or else sponge the body off with cold water, and allow the water to evaporate from the body without the use of the towel.

Another method that might be added to the foregoing, is to massage the entire region of the face and head with the hands which have been dipped in cool water. This latter method, if resorted to vigorously, will often relieve in a few minutes the most stubborn of headaches, providing the bowel has been emptied as well.

Sore Throat

Cut a lemon open and suck the juice out of it slowly, and then gradually proceed to chew and swallow the entire lemon except the skin. Repeat this every hour or two, for five or six hours. This will usually bring relief in even the most stubborn cases, especially when no other food is eaten whatsoever. Cold water may be sipped, to wash down the lemon juice, if the thirst and the taste require it. A little honey mixed into the water will do no harm and is often very helpful. A towel soaked in cold water may also be placed around the neck and renewed every hour and a half or two hours.

Boils

The safest and best method of relieving boils is to use no drugs whatsoever, not even peroxide of hydrogen or iodine. The use of such drugs will nearly always tend to leave a scar, and the relief they give is very doubtful. Iodine is extremely harmful because it is absorbed into the body and through the blood, travels to the brain. It may cause serious damage and should never be used as an antiseptic, or for any purpose outside or inside the body.

A cold towel placed around the neck will not only tend to draw out the boil, but will also cool the inflammation in the region and lessen the spread of the boil.

The formation of a carbuncle, or of a number of boils, will often be prevented by the immediate use of a cold towel in this manner.

An earth compress may also be applied in the case of boils, although it is more bothersome and under ordinary circumstances it is not to be advised.

When quick relief is desired however, a clay pack may be used. It should be composed of a handful of ordinary earth to be found anywhere, which is soaked in water or left in a dry state. Place the earth directly on the boil. Then wrap a moist towel, or cloth, around the earth and the region of the boil. The clay pack will have to be renewed whenever a great deal of pus has been drawn into it from the boil,—otherwise the same earth can be used over and over again. Simply moisten the towel whenever it becomes too dry.

It should be remembered that boils are caused by digestive troubles, and that the eating of fruits and the lighter vegetables will prove very helpful while the boil is being cured, and for a few days after it has been drawn out of the body. Look up the article on constipation for methods of preventing the further occurrence of boils, and also for full information regarding the cause of boils. They should never be looked upon as separate from other conditions of the body. They are produced by wrong eating, and their appearance is only an effort of the body to forcibly throw off some of the poisonous accumulations that are present in the blood due to wrong diet, or excesses in other directions.

Backache

Backache, when it is not produced by accident, is nearly always caused by an acid condition of the blood, which tends to affect the muscles of the back. Acids are produced in the body by wrong eating, lack of exercise or insufficient bathing, or all of these causes combined.

To relieve a backache, the internal bath should be resorted to immediately, and a great deal of water mixed with lemon juice should be drunk. A cold wet towel, or sheet, should also be placed over the aching region of the pain, and the back can also be massaged with cold water. The

natural bath will be found very helpful in accomplishing a quick relief.

The tendency in backache is to become more or less chronic, and although immediate relief may be obtained by the methods which were advised above, yet no real results will be accomplished unless the diet is changed to a non-acid diet,—in other words, a diet consisting of very little meat, fish, chicken, eggs, cheese, pastries, cakes, coffee, etc. See article on rheumatism.

Stomach Ache and Intestinal Pains

Resort to the internal bath immediately. While lying flat on the back, massage the abdomen if complete relief has not been obtained through the internal bath. Any gentle massage of the abdomen with the bare hands will prove helpful.

Water, mixed with lemon juice, should be swallowed in mouthful until from six to ten glasses have been drunk. If relief has not yet been obtained, place a cold wet towel over the region of the pain, and renew every hour or two.

Another method for the relief of stomach ache is to lie flat on the stomach with the arms outstretched at the sides.

These methods have been found very effective in many cases and usually bring relief in a few minutes. See articles on appendicitis and indigestion.

Aching Feet.

Bathe the feet in cold water for ten or fifteen minutes. Massage them gently with the hands for two or three minutes while bathing them. Keep the feet exposed to the air as long as possible afterwards. Walk about in bare feet and exercise them in every direction.

When the stockings and shoes are resumed, put on fresh stockings and see that the shoes are roomy and comfortable. No amount of foot powder will help perspiring or aching feet, except for a few minutes, or hours, at a time. Their tendency will be to perpetuate the foot trouble instead of curing it. To cure perspiring feet, it is necessary

to eat foods which contain less acids. See article on rheumatism.

For corns, bunions, callous and other foot troubles, see article on foot trouble.

Neuralgia

A towel soaked in hot water may be wrapped around the jaw and will help somewhat in bringing relief, but it has been found in nearly all cases that a cold towel is far more effective in bringing relief, as it stirs up the blood and cools inflammation at the same time.

As neuralgia is caused by uric acid coming in contact with the nerves of the head, cold water is very helpful in relieving the resultant inflammation. Not only should cold water be used outside the jaw, or head, but it should be drunk to the extent of six to ten glasses in a period of four hours, and the internal bath should also be resorted to, as freeing the bowel of waste material tends to draw the acids down into the bowel where they can be eliminated normally.

The natural bath for the outside of the body is also very helpful as it stirs up the general circulation and thus helps to remove the acid from any local region of the body.

Massage of the jaw or head with the finger tips in cool water is also very helpful. See article on rheumatism.

Pains in the Joints

Pains in the joints are produced by acid filtering into the joints, or the region of the joints, and thinning the essential lubricating fluids which should always be present in these regions.

For immediate relief a towel soaked in cold water, wrapped around the region of the pain, and massage of the region with the hands previously dipped in cold water, are the best methods that can be advised.

A very warm bath, when the pains are very severe, may also be indulged in, and the region of the pains should be vigorously massaged for a minute or a half minute at a time while in the bath. This massage should be repeated three or four times.

The victim of these pains, which are usually called arthritis, may remain in the hot bath for as long as thirty to forty minutes if relief is not obtained sooner. See article on rheumatism.

Cuts and Bruises

First wash the cut or bruise, with hot water. When the region has been thoroughly cleansed, apply cold water and in case of a bruise, where the pain is not too great, massage the injured part gently. Massage around the bruise vigorously with cool water. Apply cold water compresses, which should be changed every half hour. A cold pack applied to these regions, as explained in the article on boils, may prove most helpful of all.

Use no other methods whatever, as no medicine will give quicker relief under ordinary circumstances, than the methods here advised.

In case of a cut, it may be washed at first if desired with peroxide, but with no other drug. The best wash however, is plain cold water, or water in which one percent of salt has been dissolved. For instance, a teaspoonful of salt will be sufficient for an ordinary glass of water. The region of the cut should be kept scrupulously clean, and bandages which are placed around it should consist of the cleanest, sterilized antiseptic gauze or cotton, and should be changed at least daily, though it is best to change the dressing three or four times a day, even more frequently when the cut is a severe one.

Fractures (Broken Bones)

A skilled surgeon should be called upon to set the bone, no ordinary physician should be permitted to tamper with fractures, unless no one else can be called upon immediately. Even if an ordinary physician attends to a fracture in an emergency, a skilled surgeon should be called in at any cost, to pass judgment on the condition, and to attend to the break until it has completely healed. A bungler, no matter how earnest or well-meaning, may easily cause a deformity by unskilful bone-setting.

Little else can be done for a broken bone than to set it, and keep the broken ends in proper contact with one another until Nature has knitted the bone together.

No medicines whatever need be used, and the patient is far better off if he refuses to take any opiates whatever, no matter how great the pain may be. Even if the most excruciating agony must be suffered, opiates can only afford temporary relief and may cause permanent harm by forming a habit. Many, in fact most "drug-fiends," so-called, have been placed in this category by attempting to relieve some temporary pain with an opiate.

Burns

Many methods of relieving burns have been advised, but the least injurious of all and likewise the most helpful, is the use of plain cold water.

Wet clay may also be used with good results. It should be gently smeared over the burnt surface in a thin coat, and will be found very helpful both in relieving pain, in reducing the inflammation and in helping to save the skin whenever possible.

The mud pack can be renewed whenever it dries and begins to peel off. It should be washed off gently with warm water and a new coat applied. There is no quicker way both of relieving the pain of burns, and helping to cure the result.

Toothache

Toothache is produced as a rule, by food acids which penetrate to the nerves under the teeth. The nerves resent this acid bath and warn the victim of this acid condition, and there is something radically out of order in the mouth.

Medicines can paralyze the nerves and relieve pain temporarily in this manner. The best way, however, to relieve the condition of the nerves is by pressure upon the nerve. In this manner, the nerve is strengthened, the blood is stirred up, the tooth is fixed more firmly in the mouth, and the pain is relieved quicker and more permanently, than by any other method known. Pressure upon the nerve is

exerted by biting on the affected teeth. A handkerchief may be folded up and placed in the mouth and bitten on as hard as the painful and tender condition of the mouth will permit. In other words, pressure on the tooth should be firm, but not too painful.

This treatment can be continued for a few seconds at intervals at first of ten to twenty minutes, during the first hour. The pressure should then be exerted for a few seconds at intervals of thirty minutes for the next two hours. After this, if the pain is not yet relieved, the treatment should be carried out once every hour.

To help in relieving the pain and also in sweetening the mouth and removing the acids from the teeth and gums, a raw apple should be eaten. If the mouth is too tender to properly chew a whole apple, then at least a small piece of apple should be taken in the mouth and slowly chewed. This latter treatment can be repeated three or four times a day, with very good results.

People who have not tried this method of relieving toothache will find it difficult to understand how biting on a sore tooth will help to get rid of pain in the affected tooth. It is not easy to explain how the desired effect is produced, but it may be accepted as a positive and unailing fact, that such pressure does relieve the pain.

It must be remembered that in practically all cases of toothache, the diet has not only been of an acid-forming nature but it also has been a mushy, soft diet, and that as a result, the muscles of the gums, the blood supply of the mouth, and the entire nervous condition of the mouth are all weakened and disordered.

The pressure upon the tooth helps to restore the tone of the nerves by strengthening the gums, and by improving the circulation of the blood in the affected region.

Whatever the true explanation of this phenomenon may be, it works out in practice without fail. Even where medicines have proven hopeless, and all dental treatment has been of no avail and the dentist has finally advised the extraction of the offending tooth in order to relieve the pain, the above methods have been found successful in a

few hours' time. Occasionally, it may take longer, even as much as one or two days, to bring complete relief from the aching condition, but unless the tooth has been filled or capped artificially, it will be found that within a few hours at most, some relief will be obtained, at least as much as any medicine could give. This relief is accomplished without injuring the mouth, and in fact is a direct means of rebuilding the weakened condition of the teeth and gums. Sometimes when a filled, or capped tooth continues to ache, the filling or cap, may have to be removed before relief is obtained.

The victim of toothache, who has tried every other method of relieving this painful condition will not be disappointed when he tries these more natural methods. In a reasonable time, sometimes in a few minutes, relief will be obtained. The time it takes to relieve such pains usually depends on how long the pains have lasted. If attacked as soon as they manifest themselves, relief should be obtained within an hour at most, although the treatment should be kept up for a day or two afterwards. If the pains have lasted for days, and if the tooth has been probed and treated with dental instruments, and harried by drugs and other irritations, it may take longer to achieve relief, but there need be no fear that these methods will fail. Except in the most extraordinary cases, these methods will invariably be found successful.

Dependence should not be placed, however, upon relief alone, but the diet of the victim should be changed so as to make it both less acid-forming and to provide for greater activity in chewing.

Sprains and Twisted Ligaments or Tendons

If these conditions are not too severe, the best method of overcoming them is to continue to do the very thing which caused these conditions and in this way strengthen the affected region and prevent further trouble of a similar character.

For instance, if a slight sprain has been suffered in walking or a ligament has been twisted in the leg by some

sudden movement while playing tennis, etc., it is best to rest for a few moments and get the ankle or the foot or leg back in its normal position, and then to proceed to walk or to play as before. This of course, cannot be done when the injury is very severe and in such a case, a skilled surgeon should be consulted.

After the injured member has been placed back into its normal position, rest may be essential for a time, but as soon as the ability to walk returns, the victim of such an accident should proceed to build up the muscles and tendons in the foot and legs and get them into such condition as will make further sprains or strains unlikely. This can only be accomplished by walking and other exercises which tend to bring every muscle of the feet and legs into play. It is bad to favor a "weak" ankle because in this way the weakness is perpetuated and usually grows worse with the passage of time.

What has been said here regarding the feet and legs is likewise true of the wrist, arms, shoulders or the back. Once the bones and muscles have been put back into position, either by the individual in question or by a surgeon, the affected parts should be exercised mildly or strenuously according to the painfulness or delicacy of the condition.

Properly hardened muscles and tendons rarely are injured, so when anyone has a tendency to such injuries, the only thing to do is to remove such a tendency by building up the body to withstand any ordinary strain or exertion.

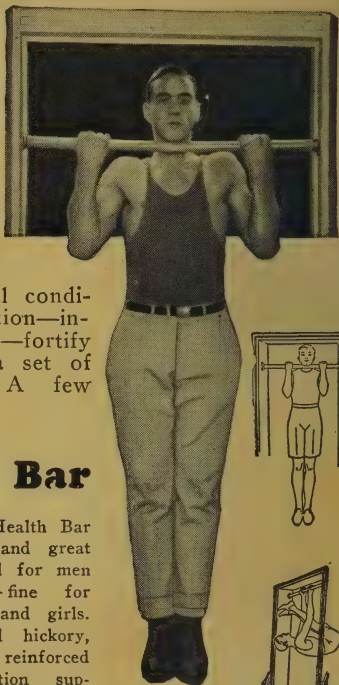
A towel soaked in cold water, or if desired in very hot water, may be placed around any swelling that may be caused by such an injury. The affected region may also be massaged and kneaded vigorously with the fingers. This can be done at varied periods, according to the dictates of ordinary common sense. There can be no given rule in every case of this kind.

A cold towel will usually be found much more effective than a warm towel in reducing the swelling or inflammation anywhere in the body.

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